Hafa Adai!

Torres asks about status of proposed HJR on military activities. PAGE 2
6 from the CNMI join 36 others in OIA leadership program. PAGE 6

75¢

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

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NO COMMUNITY SPREAD IN CNMI IN 2 MONTHS

9 travelers test positive

By JUSTINE NAUTA
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REPORTER

Nine arriving travelers tested positive for COVID-19 last Thursday, Oct. 15, and Saturday, Oct 17, with three testing positive on Thursday and six more testing positive on Saturday, making it the second highest single-day increase of positive cases since Sept. 20. All nine new cases raise the CNMI's total number of positive cases to 86.

See TRAVELERS on Page 4

AT A GLANCE

As of 6pm, Oct. 18, 2020

GUAM	OLD	NEW	TOTAL
Positive	3,341	197	3,538
Recovered	2,190	107	2,297
Active	981	197	1,178
Deaths	61	5	66
Cumulative Number of Persons Tested	58,321		

SAIPAN	OLD	NEW	TOTAL
Positive	77	9	86
Deaths	2	0	2
Cumulative Number of Persons Tested	19,345*		

*Total count includes the number of persons tested on Saipan, Tinian, and Rota. With guidance from the Centers for Disease Control and Prevention, CHCC has opted not to report active and recovered cases. The community-based testing has been temporarily suspended.

Source: Joint Information Center - Guam, Commonwealth Health Care Corp.

COMMUNITY VULNERABILITY

LEGEND:
- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

Source: Office of the Governor

Gov. Ralph DLG Torres, left, and Lt. Gov. Arnold I. Palacios sign the CNMI's Community Development Block Grant-Disaster Recovery action plan last Friday, Oct. 16, at the Office of the Governor on Capital Hill. The program will bring $244 million to the CNMI.
JUSTINE NAUTA

HUD approves $244M for CNMI

By JUSTINE NAUTA
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REPORTER

The U.S. Department of Housing and Urban Development has approved the CNMI's Community Development Block Grant-Disaster Recovery action plan that will bring in $244 million to meet the unfulfilled recovery needs of the Commonwealth after two typhoons in 2018.

Gov. Ralph DLG Torres and Lt. Gov. Arnold I. Palacios, through the Northern Marianas Housing Corp., announced last Oct. 16 that HUD approved the action plan that will help fix infrastructure, houses, buildings, etc., after the devastation of Super Typhoon Yutu and Typhoon Mangkhut.

According to NMHC corporate director Jesse S. Palacios, this grant alone—

See HUD on Page 4

Man drowns at Garapan Fishing Base

On Thursday, Oct. 15, 2020, at about 12:39pm, the CNMI Department of Public Safety received a 911 call reporting an overdue swimmer at the Garapan Fishing Base. DPS patrol and Boating Safety units arrived at the Garapan Fishing Base at about 12:45pm. Police met with the caller who stated that one of his friends went

See MAN on Page 4

Most of 10K people will get refunds this week

- Finance prepares release of $2.5M in 2nd batch of tax refund
- $160K in 4th batch of child tax credits released Thursday
- More PUA checks processed Thursday

FERDIE DE LA TORRE
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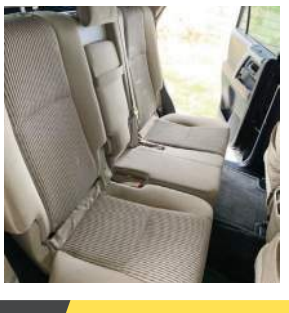
REPORTER

While some people already received their income tax refunds last week, a larger number of taxpayers will get their hands on their refunds early this week as part of the first batch the Department of Finance released, processing

See REFUNDS on Page 4

INSIDE

LOCAL
The Philippine Honorary Consulate held a ribbon-cutting ceremony for its official residence.
PAGE 3



BUSINESS
CNMI House Cleaning Service is at your beck and call and promises to do the job correctly.
PAGE 11

ASIA
New Zealand Prime Minister Jacinda Ardern won a second term in an election landslide.
PAGE 13

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

Local

Torres asks status about proposed HJR on military activities

By FERDIE DE LA TORRE
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REPORTER

Gov. Ralph DLG Torres has followed up with the House Committee on Federal & Foreign Affairs on the status of the administration's proposed substitute version of House Joint Resolution 21-008, HS1, pertaining to the government's position to expanded military activities in the CNMI.

In his letter Wednesday to House Committee on Federal & Foreign Affairs chair Rep. Luis John Castro (Ind-Saipan), Torres said he is aware that legislators are now focused on the Nov. 3 elections but it has been three weeks since their meeting and his understanding is that Castro has yet to meet with his committee members to adopt the substitute version that he had submitted.

"I would greatly appreciate any update you can provide to my office on this matter," said Torres in the letter to Castro.

A day after Torres' letter, Castro notified Torres that he called for a committee meeting on Friday, Oct. 23, at 10am in the House chamber to discuss the substitute version of the House joint resolution. Castro invited Torres or his representative to meet with the committee's members to discuss this version as its content are different from the substitute that they previously adopted. Castro said that any feedback from the governor and/or his designated representative will be appreciated during this dialogue.

The lawmaker acknowledged that the committee has not been able to convene previously, as they were faced with issues surrounding the passage of the budget bill for fiscal year 2021 and each committee member were attending to matters both office-related and personal.

The original version of House Joint Resolution 21-08, as authored by Rep. Sheila Babauta (D-Saipan), requested Torres to oppose "any increase in military presence or training in the Northern Mariana Islands, including all proposed military use of the Northern Islands."

Last July, the House panel approved a version that uses the word "supporting" instead of "requesting" in the title. The revised House panel's version now stated that the 21st Legislature is "supporting" Torres in "his continued opposition to any increase in destructive military training and testing in the Northern Mariana Islands."

Torres and Lt. Gov. Arnold I. Palacios then met with Castro, Babauta, and Rep. Joel Camacho (R-Saipan) last Sept. 21 to discuss the joint resolution. At that meeting, Torres submitted the administration's proposed substitute version with a title that states, "To acknowledge and support the Honorable Governor Ralph DLG Torres in his continued efforts to ensuring adequate protection for the natural resources, economy, culture, environment, and the health and quality of life in the Northern Mariana Islands related to expanded military activities in the Commonwealth of the Northern Mariana Islands."

In his letter to Castro, Torres said their Sept. 21 meeting gave them the opportunity to share the efforts that have been done in the last five years and of the administration's continuing efforts in addressing the military activities and the U.S. Department of Defense's proposed program in the Commonwealth.

Torres said he believes that everyone walked away from that meeting with a better understanding of the critical importance in forging a collective effort for the best approach in responding to military matters. The governor said it is for this reason and in the spirit of cooperation that he submitted a proposed substitute version of the House joint resolution during that meeting.

He said Babauta, the author of the original joint resolution, fully endorsed and agreed to the substitute version's adoption by the committee.

Torres reiterated the intent of the proposed substitute version is to capture the totality of all military activities in the CNMI in one official document. He said the document lays out the chronological timeliness and activities of each initiatives, how they each progressed, and of the efforts by the CNMI government over the years to ensure adequate protection of the lands, resources and environment. The governor said the substitute version also addresses each of the concerns that are expressed in the current version of the House joint resolution.

"The evolving views of our people and differing actions taken by our government in the past decade makes it absolutely necessary to have an official record that documents the historical information to provide members of our community and our future generation a resource document to refer to in order to have a full understanding of the totality of military initiatives here at home," Torres said.

The governor reminded Castro that he deferred to Babauta as the mover of the House joint resolution for the committee's consideration of his proposed substitute version. He said that, in that meeting, Babauta expressed her full support as it provides a comprehensive historical information that would serve as an educational resource for people.

Torres said they concluded the meeting with the clear understanding that Castro will include his proposed substitute version into the agenda to be acted on at the next committee meeting.

Navy sets trainings

ASAN, Guam—The U.S. Navy will conduct training in Dandan-Malojloj and Radio Barrigada on Oct. 19-23, from 9am to 11:55pm. Blank ammunition may be used during this training. Residents in surrounding areas should not be alarmed if they see or hear increased activity.

The U.S. Navy will conduct training in the vicinity of Agat Bay and Outer Apra Harbor on Oct. 19-23, from 9am to 11:55pm. Blank ammunition will be used during this training. Residents in surrounding areas should not be alarmed if they see or hear increased activity.

The U.S. Navy will conduct live fire exercises in open ocean on Oct. 19-23, from 9am to 11:55pm at the following coordinates: 13˚26"N/145˚08"E, 13˚42"N/144˚36"E. Marine vessels are advised to remain clear of the area for the duration of these events and to monitor the U.S. Coast Guard broadcast Notice to Mariners for advisories.

The U.S. Navy will conduct training in Outer Apra Harbor Oct. 23 from 9am to 4pm. Marine vessels are advised to remain clear of military personnel training in the harbor. ***(PR)***

Candidates at a Glance

The Saipan Tribune will be coming out with a supplement,

#voteCNMI

in October 29 featuring candidates in the November election.

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For more information, please call 235-8747 and look for **Beth**, **Donna** or **Alyssa**

Hafa Adai! Saipan Tribune
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Philippine Honorary Consulate opens new office

Gov. Ralph DLG Torres and Lt. Gov. Arnold I. Palacios join other government officials, TanHoldings and Tan Siu Lin Foundation officials, and diverse community members for the opening of the Philippine Honorary Consulate Office under honorary consul Glicerio "Eli" Arago last Friday, Oct. 16. The new office is located at the Sun Palace Hotel in Susupe, with office hours of 9am to 4pm, Monday to Friday, and can be contacted at (670) 233-6293.

NEIL FAMA

By JUSTINE NAUTA
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REPORTER

Four months after announcing that they have moved to a new and bigger office, the Philippine Honorary Consulate held a ribbon-cutting ceremony for their official residence at the Sun Palace Hotel in Susupe last Friday, with Gov. Ralph DLG Torres leading other public and private officials in witnessing the ribbon-cutting ceremony.

Philippine honorary consul to the CNMI Glicerio "Eli" DM. Arago Arago said that, with the new office, he and his staff will be able to accommodate more people and better serve the needs of the Filipino community. He also gave thanks to the continued public and private support for his office. The ribbon-cutting ceremony, Arago said, is a demonstration of how that partnership has played a role in the office's success. Arago pledged that he will continue to work hard for the Filipino community, so long as he has that support.

Aside from Torres, others who were also at the ribbon-cutting were Lt. Gov. Arnold I. Palacios, first lady Diann Torres, Rev. Fr. Jason Granado, who did the invocation, Saipan Mayor David M. Apatang, TanHoldings president and chief executive officer Jerry Tan, various lawmakers, private sector leaders, and representatives of the Chinese, Korean, Japanese, Palauan, and Micronesian communities. Philippine Consul Mark Hamoy of the Philippine General Consulate of Guam also spoke via a phone call.

In Torres' remarks, he remembers leaving for the United States several years ago when there was no Filipino community yet in sight, which made him appreciate them more once he came back, adding that the community has become family and that he is here as a partner and will continue to maintain that partnership.

Adding to Tan's remarks that many Filipinos have become an important part of the community, Torres said that the honorary consular office offers comfort to the Filipino community and with Arago's leadership and commitment, they are in good hands.

"You may choose somewhere else, you may live somewhere else, but CNMI is your home. On behalf of the lieutenant governor, we also want to say thank you for choosing CNMI as your home, and we are here as your partner, and we want to maintain that partnership," said Torres.

In his remarks, Tan said that Arago has been a close friend and colleague for many years and that, since Arago's appointment by the Philippine government five years ago until today, one can only imagine how much work and issues Arago has seen after the CNMI went through two super typhoons and a pandemic.

Although he believes that there should be a full Philippine consular office in the CNMI, "nevertheless, consul Eli has done a great job of handling all the problems over the last five years in the Commonwealth, when we went [through and are still going through] a very difficult period," Tan said.

Speaking on behalf of the private sector, Tan said he knows how much private businesses rely on the CNMI-Only Transitional Workers and that he appreciates everything they do for the private sector and for economic development. Tan assured Arago that he will continue to do what he can to support him and his office.

USACOE awards $316M in FY20 contracts in Hawaii, Pacific region

FORT SHAFTER, Hawaii—The U.S. Army Corps of Engineers Honolulu District recently completed a successful fiscal year 2020 during which 536 contract actions were awarded totaling $316 million, including $74.8 million for small business.

Honolulu District contract actions signify the Corps' commitment to deliver world-class facilities to the Armed Forces of the United States, protect and improve the lives of the people of Hawaii and the Pacific region, as well as provide jobs that stimulate the local and Pacific economies.

"The Honolulu District team awarded $166 million in contracts since June 2020," said Honolulu District commander Lt. Col. Eric S. Marshall. "In the fourth quarter we also awarded 48 contracts with average values of about $500,000. Although it's tempting to focus on the big dollar contracts, Honolulu District continues to deliver world-class projects for our stakeholders, whether they are big or small."

Significant awards during the fiscal year were:

- A $30,867,340 firm-fixed-price contract for the Repair Building 502, Fort Shafter, Hawaii;
- $22,455,000 firm-fixed-price contract for Repair Building 503A, Fort Shafter, Hawaii;
- $7,140,693.26 for the FY20 Army Training Land Retention-Oahu Environmental Impact Statement;
- $6,996,738.62 for the Wailoa Stream Flood Control Project, PL 84-99, Repair Stream, Hilo, Island of Hawaii;
- $6,099,972 for the FY20 Renovate Pool, Helemano Military Reservation, Oahu, Hawaii;
- $1,386,637 for the maintenance repairs of Aunu'u Small Boat Harbor, Hilo Deep Draft Harbor, and Laupahoehoe Small Boat Harbor, Island of Hawaii, Hawaii; and
- $5,390,000 for Kahauiki Stream Maintenance Dredging, Oahu, Hawaii. ***(U.S. Army Corps of Engineers)***

COMMUNITY BRIEFS

4.5-magnitude earthquake on Saipan

A report of a 4.5-magnitude earthquake occurred yesterday at 4:27pm, some 256 kilometers north of Saipan in the Northern Mariana Islands. The Pacific Tsunami Warning Center, however, did not issue any tsunami warnings or advisories. For more information, contact the CNMI EOC State Warning Point at 670-237-8000. ***(PR)***

Guam CHamotu commission meeting

The *Kumisión i Fino' CHamoru yan i Fina'nå'guen i Historia yan i Lina'la' i Taotao Tåno'* (Commission on CHamoru Language and the Teaching of the History and Culture of the Indigenous People of Guam) will hold its second October monthly Virtual meeting on Oct. 22, 2020, Thursday, from 12:30pm to 3:30pm on a Zoom Link. Call Kumisión secretary Roland Blas for Zoom Link Information, special accommodations, and agenda at 480-4047 (rolandblas1973@gmail.com). ***(PR)***

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Gov. Ralph DLG Torres and Lt. Gov. Arnold I. Palacios join other government officials for a commemorative photo in front of the Office of the Governor after signing the grant agreement that will bring in $244 million under the CNMI's Community Development Block Grant-Disaster Recovery action plan.

OFFICE OF THE GOVERNOR

HUD

From Page 1

totaling $244 million—is the largest federal aid in the history of the Commonwealth and also the first time for the CNMI to receive CDBG-DR aid.

A statement from the Office of the Governor said that it was notified early Friday morning that HUD had emailed NMHC that the CDBG-DR action plan had been approved by HUD headquarters and sent the grant agreement for Torres' signature and execution.

Torres said the action plan went through many revisions over the last two years, long hours, and a lot of hard work. He thanked NMHC officials and its staff, as well as legislative leaders, and Executive Branch officials for ensuring that the CNMI's needs are addressed after the two typhoons.

"This is a great win for the CNMI as we continue to build a stronger Marianas," said Torres.

Palacios said that typhoon recovery has been at the top of NMHC's priorities. "We did our due diligence to make sure we fulfilled all the requirements of this grant and that our priority projects fit the criteria set forth by HUD," said Palacios. "A lot of projects will see groundbreaking very soon, and we look forward to progressing with our recovery."

According to the Office of the Governor statement, HUD has 45 days from the date NMHC submitted the action plan for it to approve or disapprove the plan. Palacios partly credits the approval of the CNMI's action plan to the continued support of the Torres-Palacios administration and NMHC's board of directors "as it truly enhances the process in our agency's efforts in bringing in $244 million in CDBG-DR funds."

He noted that part of the grant will be used to promote and market the CNMI, since the Marianas Visitors Authority is not earning any revenue from the hotel occupancy tax as there is little to no tourism going on. Palacios stated in an interview that they asked HUD to allow the use of about $10 million of the grant for this purpose and that HUD approved it. Even if promotions and marketing isn't an eligible activity, Palacios said that HUD understands that the CNMI relies on tourism, so they allowed this activity to be approved.

Palacios said that this grant will also be used for the matching needs of the CNMI, which will allow it to tap other grants. For example, if Federal Emergency Management Agency projects require a 10% match, the grant money can be used to put up the matching funds required. This will also help local funds as the CNMI wouldn't have to put in local money for that purpose, he added.

According to the Office of the Governor's statement, NMHC began work on the CDBG-DR action plan in February 2019. With the draft undergoing many revisions, and additions to adapt to newer priorities that fit the grant's criteria, NMHC identified a list of community priorities and projects that would address several unmet needs such as housing, infrastructure, and economic recovery. On Aug. 31, 2020, NMHC officially submitted the CDBG-DR action plan to HUD for review and approve.

The following is the breakdown of the DR funds:

- Homeowner Rehabilitation & Reconstruction: $36,120,667
- Single Family New Construction Development: $41,120,667
- Affordable Rental Housing Development: $36,120,667
- Housing Total: $113,362,000
- Port Facilities: $4,000,000
- Public Facilities: $56,881,508
- Roads: $8,650,000
- Utilities: $36,350,327
- Infrastructure Total: $105,881,835
- Economic Development Total: $8,660,000
- Administration costs: $12,098,818
- Planning :$3,943,347
- Total Allocation $243,946,000

MAN

From Page 1

out fishing and has not returned since 11am. Shortly after meeting with the caller, a boat made its way into the dock with the victim onboard.

Police learned from a second friend of the victim that he and the victim had gone fishing around 11am and that he told the victim to follow him but the victim refused and chose to go another route. As he was swimming out, he looked back and saw the victim paddling out with a paddleboard. After about an hour of spearfishing, he noticed the paddleboard floating outside the reef line. A boat returning to shore bought the paddleboard in, thinking it had drifted out. The individual asked the captain of the boat if they noticed any individual near the paddleboard. The captain and crew responded that they only noticed the paddleboard with no one near it.

The individual then took the paddleboard and began circling the area where he last saw the paddleboard floating, when he noticed the victim floating face down in the water with his snorkel mask still on. The individual flagged a passing boat who assisted the individual to bring the victim to shore where medics and units were on standby.

At about 1:04pm, medics transported the victim to the Commonwealth Health Center, where Dr. Alex Pulst-Korenberg pronounced the victim dead at about 1:17pm. ***(PR)***

REFUNDS

From Page 1

close to 10,000 checks worth close to $5 million.

Speaking at a radio news press briefing Friday, Finance Secretary David DLG Atalig also disclosed that they already processed last Thursday the fourth batch of child tax credits worth $160,000.

Regarding income tax refunds, Atalig said they just processed a huge batch that was on its way to the post office that morning, Friday. "So we should have some happy people over the weekend and early next week," he had said.

Atalig expects to release the second batch of the income tax refunds within seven to 10 days. He said they're preparing about $2.5 million worth of tax refunds for the next batch.

"If I receive more funds than I expect, then we're prepared to add more to include a third batch that we're able to release for our taxpayers," Atalig said.

With respect to child tax credits, he said they processed and released Thursday the fourth batch worth about $160,000.

Atalig said the fifth batch is scheduled for release at the end of this week.

He said Revenue & Tax is finalizing its numbers of the fifth batch and that he should be getting that request later that day, Friday.

The secretary noted that the Internal Revenue Services has been very quick in responding to the CNMI's batch requests. "So we anticipate receiving the money by the end of next week and releasing that batch, the fifth batch of child tax credits," he said.

He said they already released about $10.2 million child tax credits and are anticipating about $11.2 million to $11.5 million more, based on what they have at Revenue & Tax. "We're almost there. We're already going into our fifth batch," Atalig said.

On the Pandemic Unemployment Assistance, Atalig said they processed a batch last Thursday, but that he has no additional details about it.

TRAVELERS

From Page 1

Despite this cumulative increase, the CNMI has not seen a community spread within two months since the 54th COVID-19 case last Aug. 18, who had come in contact with the CNMI's 50th positive case last Aug. 14.

In the latest positive cases, the Commonwealth Healthcare Corp. said in a statement that all nine passengers were identified by travel screening and confirmed positive through testing upon arrival. All nine were immediately transported to the CNMI's designated isolation area, which is the Kanoa Resort in Susupe. CHCC has already conducted contact tracing for the most immediate contacts of the new cases, including passengers on the same flight.

According to Warren Villagomez, who heads the Governor's COVID-19 Task Force, efforts to protect the borders on Saipan, Tinian, and Rota, continues and that, in order to successfully get the whole population vaccinated when the time comes, the Office of Homeland Security is already putting together a vaccination plan for the CNMI, as part of the government's holistic approach to COVID-19 vaccinations. This early, plans are being put in place to campaign, make people aware, and do plenty of promotions and marketing to be ready when the COVID-19 vaccine is already available, Villagomez said.

COVID-19 in Guam

In Guam, four more lives were lost to COVID-19, raising the island's cumulative total to 66 fatalities.

According to the Joint Information Center in Guam, Guam's 63rd COVID-19-related fatality happened at the Guam Memorial Hospital at approximately 5:49am. last Oct. 15. The patient was a 51-year-old male with underlying comorbidities that were compounded by COVID-19. He was admitted to GMH last Sept. 4 and was a known positive case.

The island's 64th COVID-19-related fatality happened last Friday, Oct. 16, at approximately 6:45pm, with a 57-year-old male with underlying comorbidities that were compounded by COVID-19. He was admitted to GMH on Oct. 6 and tested positive upon admission.

Guam's 65th fatality occurred at Guam Regional Medical City at approximately 10:15pm last Saturday, Oct. 17. The patient was a 47-year-old female and was admitted to GRMC last Oct. 17 and tested positive upon admission.

The 66th COVID-19-related fatality occurred at the GMH at approximately 2:27am. The patient was a 57-year-old male with underlying health conditions that were compounded by COVID-19. The patient was admitted to GMH last Oct. 5 and tested positive upon admission.

"[First gentlemen] Jeff [Cook], Lt. Gov. Josh [Tenorio], and I offer our sincerest condolences and sympathies," said Guam Gov. Lou Leon Guerrero. "Scripture tells us that even in the midst of mourning, we should not let our hearts be troubled nor should we be afraid. We must remain unwavering in our resolve to protect each other from this virus because we must be the frontlines in this fight."

All these come with the 197 new positive cases in Guam.

Torres happy with 'slow growth' of marijuana industry

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REPORTER

Despite a seemingly slow growth, Gov. Ralph DLG Torres is happy with that measured progress of the cannabis or marijuana industry in the CNMI, saying this is better for the continued growth and management of this new industry.

Speaking at a radio news briefing last Friday, Torres said his administration does not want too many companies coming in at once to apply for cannabis licenses and having the CNMI Cannabis Commission board bombarded with enforcement and related matters.

"I'm happy that we have this slow growth so that we, as a community, as business partners, can grow together in understanding what we need to tweak and help each other to make sure that this industry is successful in the long run," he said.

The governor thanked the CNMI Cannabis Commission board and its managing director, Monique Sablan, for their "continued vigilance and aggressiveness" in making sure their rules and regulations are promulgated correctly but he also acknowledged that a lot of work still needs to be done.

The governor, however, noted that the fact that there are several interested applicants, that the CNMI Zoning Board also did a hearing on some applicants' request a couple of weeks ago, and with this COVID-19 pandemic situation, these are very important sign that this industry is on its way to success.

Last month, the CNMI Cannabis Commission and Rep. Janet U. Maratita (R-Saipan) stated that they have seen what they describe as "phenomenal interest" in the cannabis or marijuana industry in the CNMI, but noted that there are some roadblocks due to the Saipan Zoning law that needs to be amended.

The Zoning Board recently approved the applications for cannabis farming for Primo Farms on Capital Hill, Marianas Hemps Farms in As Teo, and Tuu Group LLLC in As Mahetog.

Tuu Group LLC is proposing to renovate and occupy a pre-existing two-story commercial structure in Garapan to operate a cannabis lounge, and to renovate and occupy a portion of a one-story building structure in Garapan to operate a retail establishment.

Napu Inc. is proposing to rezone a lot in San Vicente from "village commercial" to "mixed commercial" to operate a cannabis retail establishment.

WELCOME DANCE
Members of the Saipan Awaodori Team perform at the Charlie Dock on Saipan last Thursday for the JDS *Kashima*, a Japanese military training vessel, that arrived at the Port of Saipan last Wednesday afternoon and left Friday. Traditional Chamorro and Carolinian dancers also performed. Although those on the training vessel did not disembark due to COVID-19 protocols, the performers were still able to give the visitors a warm welcome. **NEIL FAMA**

A. Samoa gets $4.7M for government operations

WASHINGTON, D.C.—The Trump administration has transmitted $4,667,000 in grant funding to the American Samoa government through the U.S. Department of the Interior's Office of Insular Affairs' American Samoa Operations program. This funding provides critical support to the hospital, the community college, public schools, and the judicial system in the territory, and is made available under the Continuing Appropriations Act, 2021, and Other Extensions Act (Public Law 116-159), which remains in effect until Dec. 11, 2020.

"The Office of Insular Affairs team works hard every year to ensure that any available funding—including under a continuing resolution—is transmitted to American Samoa as quickly as possible for its essential government operations," said U.S. Department of the Interior assistant secretary Douglas W. Domenech. "The American Samoa Operations program provides critical support to the people of American Samoa through its hospital, community college, public schools, and judicial system."

The funds will be divided as follows: American Samoa Government, $2.53 million; Lyndon B. Johnson Tropical Medical Center, $1.75 million; American Samoa Community College, $300,000; and High Court of American Samoa, $ 87,000—for a total of $4.667 million.

Made available each year by Congress, the American Samoa Operations program is provided through the Office of Insular Affairs on behalf of the federal government. The full fiscal year 2020 amount provided by Congress to the American Samoa government for operations in fiscal year 2020 was $23,665,000. This payment of $4,677,000 is the initial amount to be paid in fiscal year 2021.

For a history of the American Samoa Operations program, read the Office of Insular Affairs Budget Justification, also known as the OIA Greenbook. ***(PR)***

Contract for environmental remedial services awarded to Hawaii company

JOINT BASE PEARL HARBOR-HICKAM—Naval Facilities Engineering Command Pacific awarded a $90 million indefinite-delivery indefinite-quantity modification contract last Oct. 14 to CAPE Environmental Management Inc., of Honolulu, Hawaii, for environmental remedial action services at various locations within the NAVFAC Pacific area of operations.

"We are excited to renew the capacity on this restoration contract with one of our NAVFAC partners, ensuring stewardship through responsive, sustainable environmental solutions and ensuring Navy readiness throughout the Pacific AOR," said NAVFAC Pacific Environmental Restoration program manager Janice Fukumoto.

The work to be performed provides for remedial actions such as removal actions, expedited and emergency response actions, pilot and treatability studies, facility operation/maintenance, and performing other related activities associated with returning sites to safe and acceptable levels.

Work will be performed in the NAVFAC Pacific AOR including Hawaii, California, Washington, Guam, Japan, Okinawa, Diego Garcia, and other areas in the Pacific and Indian Oceans.

The term of the contract is not to exceed five years with an expected completion date of July 2021. ***(USN)***

Scheduled water service interruption on Friday

There will be a scheduled water service interruption on Friday, Oct. 23, 2020, from 8am to 4pm for the entire Kagman, Papago, San Vicente, Upper Dandan and Obyan areas.

The purpose of the scheduled water interruption is to allow the contractor of the Commonwealth Utilities Corp., Hong Ye Construction, to cut and cap the existing 4-inch PVC pipe that connects the KG-131 well and the transmission line to Kagman I for a more reliable water system. Project will take place in the corner of Chacha Road, Kagman. Restoration of water service will resume soon after.

This work is part of CUC's Kagman Waterline and Booster Rehabilitation Replacement Project funded by U.S. Environmental Protection Agency and the U.S. Department of the Interior.

For the safety of the men and women at the jobsite, CUC advises the general public to exercise caution or take alternative routes when traveling through the area.

For more information, contact the CUC Customer Call Center (664-4282) or monitor our Facebook page for the latest updates (https://www.facebook.com/CommonwealthUtilitiesCorporation/). ***(PR)***

Commonwealth of the Northern Mariana Islands
OFFICE OF THE GOVERNOR
Bureau of Environmental and Coastal Quality
Division of Coastal Resources Management
P.O. Box 501304, Saipan, MP 96950
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www.dcrm.gov.mp

Eli D. Cabrera
Administrator

Janice E. Castro
Director, DCRM

PUBLIC NOTICE

MEETING OF THE
CRM AGENCY OFFICIALS

Pursuant to Public Law 8-41, Section 11, Governor Ralph DLG. Torres and Lt. Governor Arnold I. Palacios through the Division of Coastal Resources Management (DCRM) hereby give notice that a CRM Agency Officials meeting will be held on ***Friday, October 23, 2020, 2PM*** at the BECQ 3rd Floor Conference Room, in Lower Gualo Rai, Saipan.

Due to the ongoing threat of COVID-19 and to ensure the health and safety of all, virtual public participation is highly encouraged via video conferencing through Google Meet (meet.google.com/ogy-bbcy-dbk) or join via telephone by dialing (617) 675-4444, PIN: 625 095 827 7554#.

AGENDA

I. PRELIMINARY MATTERS
A. Call to Order
B. Roll Call
C. Adoption of Agenda
D. Adoption of March 3rd and June 16th, 2020 Meeting Minutes

II. PERMIT APPLICATION REVIEW
A. CRM Permit Application No. SMS-2020-X-065
Project: LOTUS HOMES DEVELOPMENT
Applicant: Mr. H. Chieng Tan, Lotus Homes, LLC
The Lotus Homes, LLC is proposing to construct a multi-family 4-story apartment building with 44 units consisting of three bedrooms and 4 units consisting of two bedrooms. The project will be located on leased private property identified as Lot No. 22642-NEW on Japon Drive and Bokungo Lane in Gualo Rai, Saipan.
1) Agencies' Discussion & Review Comments
2) Agencies' Permit Conditions
3) CRM Permit Application Final Determination

B. CRM Permit Application No. TMS-2020-X-067
Project: TINIAN OCEAN RESORT CONDOMINIUM
Applicant: Mr. Leo Liu, Tinian Real Estate Development, LLC
The Tinian Real Estate Development, LLC (TRED) is proposing to construct mixed-use, prefabricated condominiums of 6 buildings with 377 units on 1.17 acres of leased private property identified as Lot No. 031 T 01 on the corner of Wall Street and Park Row in Carolinas, Tinian.
1) Agencies' Discussion & Review Comments
2) Agencies' Permit Conditions
3) CRM Permit Application Final Determination

C. CRM Permit Application No. SMS-2020-X-025 (formerly SMS-95-X-048, Amendment 2018-1)
Project: CMS KANNAT TABLA QUARRY OPERATION & BATCHING PLANT
Applicant: Mr. Joe Guzman, Construction & Materials Supply, Inc.
The Construction & Materials Supply, Inc. (CMS) is proposing to continue its quarry operation of the CMS Kannat Tabla Quarry and Batching Plant facility on 60,481 square meters of leased public lands identified as Lot Nos. 035 H 01 and 035 H 02 in Kannat Tabla, Saipan.
1) Agencies' Discussion
2) Agencies' Determination

D. CRM Permit Application No. SMS-2020-X-026 (formerly SMS-97-X-59, Amendment 2019-1)
Project: CMS SOLTEN QUARRY OPERATION & MAINTENANCE, AND TEMPORARY STAGING/STOCKPILING
Applicant: Mr. Joe Guzman, Construction & Materials Supply, Inc.
The Construction & Materials Supply, Inc. (CMS) is proposing to continue the quarry operation of the Solten Quarry site in Kannat Tablan, Saipan, for mining, milling, temporary staging, temporary stockpiling and hauling on leased private properties identified as Lot No. 062 H 03, Lot No. 067 H 05, and Lot No. 21944-1.
1) Agencies' Discussion
2) Agencies' Determination

III. OTHER MATTERS
a. Ratification of CRM Coastal Permit No. SMS-2020-X-030
Project: Agape Christian School & Dormitory Building
Applicant: Mr. Kok H. Pang, Calvary International Mission

IV. ADJOURNMENT

All interested persons are welcome to attend and to submit written or oral testimony regarding the above agenda items. (NOTE: Pursuant to Public Law 8-41, Section 13(a) (7) and Section 13(c), the Board may vote to meet in executive session).

s/ JANICE E. CASTRO
Director
Division of Coastal Resources Management

6 from the CNMI join 36 others in OIA leadership program

WASHINGTON, D.C.—Six young leaders in the CNMI joined 34 other participants as the newest cohort of the Executive Leadership Development Program of the U.S. Department of the Interior's Office of Insular Affairs

The CNMI's representative at the 2021 program for the Pacific and Caribbean insular areas are Antonio Borja, Bobby Cruz, Christopher Concepcion, Gretchen Smith, Janice Castro, and Nicole Babauta.

The 2021 cohort is composed of mid-level management public servants from American Samoa (4), Guam (4), the Commonwealth of the Northern Mariana Islands (6), the U.S. Virgin Islands (9), the Federated States of Micronesia (7), the Republic of the Marshall Islands (4), the Republic of Palau (6).

OIA Director Nikolao Pula welcomed the 40 new participants of the ELDP last week by video teleconference. "On behalf of the Office of Insular Affairs and the Department of the Interior, I'd like to welcome each of you," said Pula to the incoming ELDP cohort. "Each of you are leaders in your respective governments and come with impressive backgrounds of formal education and work experience. I am pleased that you have all accepted the invitation to join this program and encourage you to take advantage of all that the program and each of you have to offer each other. I promise you will learn and grow."

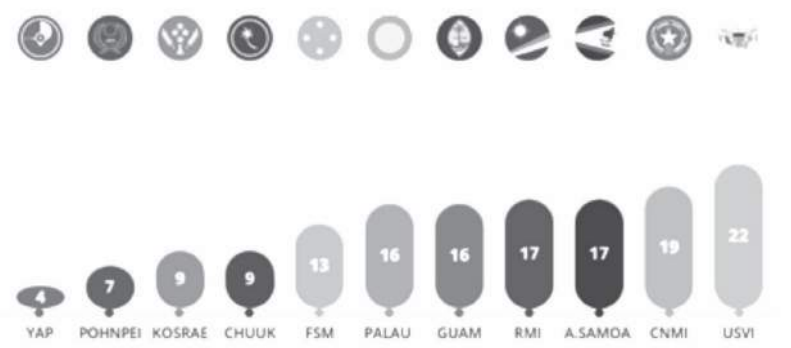
Douglas W. Domenech, the U.S. Department of the Interior assistant secretary, Insular and International Affairs, who also spoke, said, "The United States strives to encourage strong leadership skills among public sector officials in all of the insular areas. Through the ELDP, we endeavor to build upon the competence of young professionals to help them grow and give them the tools they need to succeed as future leaders in the U.S. territories and in the freely associated states."

Competitively selected from a pool of over 100 applicants, the members of the 2021 cohort demonstrated steady career growth with increased levels of responsibility, as well as an expressed commitment to public service. They work primarily in finance and budget, education, health, commerce, and the environment sector.

ELDP was developed in response to growing concerns expressed by insular area leaders about a lack of continuity and capacity for public sector management in the insular areas. The ELDP provides mid-level public servants with opportunities for self-improvement and helps to retain and strengthen qualified individuals in core government functions.

2021 cohort by sector.

CONTRIBUTED PHOTO



149 ELDP participants and alumni, by insular area government.

CONTRIBUTED PHOTO

The ELDP now counts 149 alumni in the insular areas who represent an extraordinary group of young island leaders with diverse professional backgrounds and an enduring commitment to public service. They continue today as dedicated public servants, found in nearly every branch and agency of each insular area government, with some serving as elected representatives, ambassadors, judges, cabinet members, and

OIA provides funding support for the ELDP, which is administered by the Graduate School USA's Pacific & Virgin Islands Training Initiatives. First implemented in 2008, the ELDP serves as the premier leadership development program for government employees throughout the U.S.-affiliated Pacific Islands and in the U.S. Virgin Islands.

The U.S. Virgin Islands ELDP participants who already began their program in September will join virtual training with U.S. federal employees through the Executive Leadership Program managed by the Graduate School USA's Center for Leadership and Management. The Pacific Island participants are scheduled to meet virtually over the next year. Additional information on each participant as well as detailed program information is available online at http://eldp.pitiviti.org. ***(PR)***

$2M grant supports UOG in helping its students complete their degrees

File photo shows a University of Guam student speaking with a local employer at the university's Fañomnåkan 2019 Career Fair at the Calvo Field House.

UNIVERSITY OF GUAM

A $2 million grant from the U.S. Department of Education will support the University of Guam in the development of its new *Para Hulo'* Triton Advising Center.

"Approximately 42% of our student population is [composed] of first-generation college students who require more guidance and mentorship than traditional students to navigate their academic path, so that's where collaborative, holistic advisement comes in to ensure they stay the course," said senior vice president and provost Anita Borja Enriquez. "With this center, we want to take advising to the next level through a clear roadmap of support for all students."

Housed within the Student Center on campus, the Triton Advising Center is designed to be a "nucleus" of the university's existing ecosystem of student support services, said Lawrence Camacho, dean of Enrollment Management and Student Success. It will assist students in three key areas: 1) academic advising 2) financial solvency and 3) career development, in concert with all academic units.

Within the five-year span of the grant funding, the center aims to increase enrollment and retention rates, improve college access for low-income students, decrease the percentage of financial aid at-risk students, improve utilization of tuition resources, and ensure at least 85% of seniors have engaged in career planning.

The Enrollment Management and Student Success office has already begun training its team of advisers on how to approach academic, financial, and career advising more strategically to ensure student retention and degree completion.

"We jumpstarted the objectives of the center last semester even before the grant because the concept was critical, but the grant will now allow us to fully reach all of our goals," Camacho said.

Projects planned include the development of standardized manuals to streamline the advising and registration processes and the integration of uConnect and Handshake, two Web-based, career-focused platforms to support students in finding meaningful work after graduation. ***(PR)***

Guam son Bernard Aguon is promoted

WASHINGTON, D.C.—Guam National Guard Warrant Officer Bernard Aguon, currently assigned to the National Guard Bureau in Washington, D.C., was recently promoted to the rank of CW4. Here, the Guam National Guard Public Affairs sits down with Aguon for a short interview:

Question: Congratulations Chief Aguon on your promotion. Can you share with us what you do at National Guard Bureau in Washington, D.C.?

Answer: I'm the NGB IPPS-A Customer Relationship Management Advisor and Personnel Systems Chief. Basically, that means I'm responsible for timely triage and adjudication of personnel data issues submitted in Integrated Personnel and Pay System - Army or IPPS-A; validating and integrating systems modification; and recommending, writing and implementing engineer changes for Army personnel systems based on statutory, regulatory, Department of Defense or Department of the Army mandated requirements.

Q: What?

A: I'm in charge of personnel data and case management implementation for about a million soldiers.

Q: Thanks for that. What does it mean for you, personally, to achieve this rank?

A: It is a great honor. Progressing through the Warrant Officer ranks and reaching the rank of CW4 while serving at the national level is something I am very proud of. It would mean more to be able to now give back to the many who have helped me get to this point, and I intend to do that as I continue to serve soldiers and families across the nation.

Q: What would you say to a soldier considering becoming a warrant officer?

A: I'd share that becoming a warrant officer will enable you to provide expert knowledge and advice in your area of expertise to commanders and other leaders. The level of involvement and contribution made to each task a warrant officer accomplishes, could be a direct positive impact to many soldiers and families. The influence of a warrant officer is sought after and well-regarded by leaders at all echelons and is something that any aspiring candidate can be motivated by, as they pursue a career as a warrant officer.

Q: Is there anyone you'd like to thank, or anything else you'd like to say?

A: I would like to personally thank my wife, Jennifer, and my children (Rocco, Rio, Aurora and Andre) for their support and encouragement during this journey. I want to also thank my parents, Larry and Annie Aguon, for all their wisdom and inspiration over the years. ***(Guam National Guard Public Affairs)***

Two of Guam National Guard Warrant Officer Bernard Aguon's children pin on him his new rank as Chief Warrant Officer 4.

CONTRIBUTED PHOTO

USAO appoints O'Malley, David as District Election Officers

Assistant U.S. attorney Eric S. O'Malley has been appointed to serve as the District Election Officer for the District of the Northern Mariana Islands.

U.S. Attorney Shawn N. Anderson announced O'Malley's appointment Saturday in a press release about the assignment of assistant U.S. attorneys to lead the efforts of the U.S. Attorney's Office in connection with the Justice Department's nationwide Election Day Program for the upcoming Nov. 3, 2020, general election.

Besides O'Malley, assistant U.S. attorney Marivic P. David will serve as the District Election Officer for the District of Guam.

These AUSAs are responsible for overseeing the districts' handling of complaints of election fraud and voting rights concerns in consultation with the U.S. Justice Department headquarters in Washington, D.C.

"Every citizen must be able to vote without interference or discrimination and to have that vote counted without it being stolen because of fraud. The Department of Justice will always act appropriately to protect the integrity of the election process," Anderson said.

The U.S. Department of Justice has an important role in deterring election fraud and discrimination at the polls, and combating these violations whenever and wherever they occur. The department's longstanding Election Day Program furthers these goals, and also seeks to ensure public confidence in the integrity of the election process by providing local points of contact within the department for the public to report possible election fraud and voting rights violations while the polls are open through election day.

Anderson

Federal law protects against such crimes as intimidating or bribing voters, buying and selling votes, impersonating voters, altering vote tallies, stuffing ballot boxes, and marking ballots for voters against their wishes or without their input. It also contains special protections for the rights of voters, and provides that they can vote free from acts that intimidate or harass them. For example, actions of persons designed to interrupt or intimidate voters at polling places by questioning or challenging them, or by photographing or videotaping them, under the pretext that these are actions to uncover illegal voting may violate federal voting rights law. Further, federal law protects the right of voters to mark their own ballot or to be assisted by a person of their choice (where voters need assistance because of disability or illiteracy).

"The franchise is the cornerstone of American democracy. We all must ensure that those who are entitled to the franchise exercise it if they choose, and that those who seek to corrupt it are brought to justice," the USAO statement last Saturday said.

In order to respond to complaints of election fraud or voting rights concerns during the voting period that ends on Nov. 3, 2020, and to ensure that such complaints are directed to the appropriate authorities, the AUSAs/DEOs will be on duty while the polls are open, including periods of early voting. David can be reached by the public at (671) 479-4120 or (671) 988-3260. O'Malley can be contacted at (670) 236-2986.

In addition, the FBI will have special agents available in each field office and resident agency throughout the country to receive allegations of election fraud and other election abuses on election day. The local FBI field office can be reached by the public by calling (671) 645- 1805 or (670) 322-6934.

Complaints about possible violations of the federal voting rights laws can be made directly to the Civil Rights Division in Washington, D.C. by phone at 800-253-3931 or by complaint form at https://civilrights.justice.gov/.

Note, however, in the case of a crime of violence or intimidation, call 911 immediately and before contacting federal authorities. State and local police have primary jurisdiction over polling places, and almost always have faster reaction capacity in an emergency. ***(PR)***

$23.7M Guam tax refunds in the mail

HAGÅTÑA, Guam—The Leon Guerrero-Tenorio Administration announced yesterday the early payment of nearly 10,000 tax refunds totaling approximately $23.7 million. Filers with error-free returns filed on or before April 17, 2020 can expect their checks in the mail this week.

"Earlier this week we released $17 million in COLA [cost of living allowance], ahead of the mandated deadline. Along with $23.7 million in tax refunds, that's nearly $41 million put into the hands of taxpayers and retirees under local authority in the last few days alone," said Gov. Lou Leon Guerrero. "I want to thank the members of my Fiscal Discipline team and the employees of the Department of Revenue and Taxation and the Department of Administration for their work to ensure these refunds were issued expeditiously."

"It was through prudent fiscal management that we were able to release these funds. This effort is part of a series of actions to help people who have been affected by COVID-19," said Lt. Gov. Joshua Tenorio.

For inquiries, contact the Department of Revenue and Taxation through their Contact Us section of their website or at pinadmin@revtax.guam.gov. ***(PR)***

USCIS hikes premium processing fee today

U.S. Citizenship and Immigration Services announced Friday it will increase fees for premium processing effective Oct. 19, as required by the Continuing Appropriations Act, 2021 and Other Extensions Act, Pubic Law 116-159, signed into law on Oct. 1. The Act includes the Emergency Stopgap USCIS Stabilization Act, which requires USCIS to establish and collect additional premium processing fees, and to use those additional funds for expanded purposes.

The USCIS premium processing service allows petitioners to pay an additional filing fee to expedite the adjudication of certain forms, generally within 15 days. Pubic Law 116-159 increases the fee for Form I-907, Request for Premium Processing, from $1,440 to $2,500, for all filings except those from petitioners filing Form I-129, Petition for a Nonimmigrant Worker, requesting H-2B or R-1 nonimmigrant status. The premium processing fee for petitioners filing Form I-129 requesting H-2B or R-1 nonimmigrant status is increasing from $1,440 to $1,500.

Any Form I-907 postmarked on or after Oct. 19 must include the new fee amount. If USCIS receives a Form I-907 postmarked on or after Oct. 19 with the incorrect filing fee, we will reject the Form I-907 and return the filing fee. For filings sent by commercial courier (such as UPS, FedEx and DHL), the postmark date is the date reflected on the courier receipt.

Pubic Law 116-159 also gives USCIS the ability to expand premium processing to additional forms and benefit requests, but USCIS is not yet taking that action. Any expansion of premium processing to other forms will be implemented as provided in the legislation. ***(PR)***

PRINCIPAL'S MONTH

Happy Principal's Month to Adm. Herbert G. Hopwood Middle School interim principal Victorino Borja. Thank you for your hard work and dedication to your Hilitai family. CONTRIBUTED PHOTO

BIRTHDAY SHOUTOUT

Happy 8th birthday to Jihan Jewel D. Delos Reyes. With lots of love from Mommy, Daddy, and your sisters.

CONTRIBUTED PHOTO

IN THE SUPERIOR COURT FOR THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

In the Matter of the Adoption of: Marc Joseph Lloren Gacayan, Minor Child, By: ANTONIO GAGAOIN LLOREN, Petitioner.) FCD-AD-CIV IL ACTION NO. 20-0269

NOTICE OF HEARING ON PETITION FOR ADOPTION

PLEASE TAKE NOTICE that a hearing on Petitioner's Petition for Adoption in the above-entitled matter is hereby set for the 2nd day of December, 2020, at 9:00 a.m., at the Marianas Business Plaza, Susupe, Saipan, Commonwealth of the Northern Mariana Islands.

Dated this 6th day of October, 2020.

Patrick V. Diaz, Clerk of Court
/s/
By: Deputy Clerk of Court

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BID (IFB)
(This is ad is paid for NMHC with HUD funds)

Amendment No.2
NMHC IFB 2021-001

BID SUBMISSION DATE & TIME: ~~October 22, 2020~~ October 30, 2020, 10:00 a.m.

NMHC Rota Field Office Rehabilitation

Project package will be available on September 14, 2020, at the NMHC website at www.nmhcgov.net by clicking on the "Procurement" menu tab.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be held via video teleconferencing on September 22, 2020, at 10:00 a.m. through Zoom Video Communications. Bidders will be provided the video teleconferencing link on the NMHC website at www.nmhcgov.net by clicking on the "Procurement" menu tab. Bidders are encouraged to email the Procurement Officer of their intent to participate in the pre-bid meeting. Failure to attend the Mandatory pre-bid conference will be considered a non-responsive bidder.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Vinney Atalig-Hocog
Chairman, NMHC Board of Directors

MANGO
Marianas Alliance of Non-governmental Organizations

MANGO Lemmai-Mei Nonprofit Incubator

Local Native nonprofit organizations will effectively operate projects that address barriers to prosperity that impact the Chamorro and Carolinian community members.

Are you interested in helping grow non-profit businesses? Do you want to see non-governmental community programs strengthened? Can you imagine the power of unity among all CNMI nonprofit organizations? Just as the lemmai or mei (breadfruit) provides for our sustenance of life so does MANGO look forward towards empowering our nonprofit community. If you are passionate about community development and have an entrepreneurial spirit, then this might just be the job you've been dreaming about but thought too good to be true!

Requirements – A passion for our mission and an entrepreneurial spirit. Must be service oriented and have a good attitude along with a strong desire to help others learn. Excellent communications skills, superb organizational skills, self-motivation, and ability to lead others. You are not asking what to do next but devising ways to accomplish the project goals in a manner that the steering committee can approve of easily. Preference given to individuals who are fluent in Chamorro and/or Carolinian languages and those willing to commit the full 36-months of this ANA grant-funded project.

Project Director – One full-time position. The successful candidate will have a strong finance background, with a degree in accounting, nonprofit or business management, or relevant four years of experience. You have experience starting a business or a project from the ground up. Your job will be overseeing, executing, and managing the project as well as recruiting and engaging membership and vetting Lemmai-Mei project participants. You will know the importance of deadlines and compliance but manage with kindness and encouragement. You will have a passionate, mentoring spirit. The Project Director reports to the Executive Director and works in collaboration with the Training Director and the Project Controller.

Program Assistant - One part-time position. The successful candidate will have at least two years administrative work experience and high school diploma. You will be customer service oriented with strong communication skills and have experience with bookkeeping and data entry. Your job will require that you are flexible, self-motivated and good-humored. You will be eager to assist with anything and everything that gets the work plan done. The Program Assistant reports to the Project Director and the Training Director.

Marianas Alliance of Non-Governmental Organizations (MANGO) is a CNMI tax-exempt nonprofit organization. If you are interested in applying, please send an email to info@mangocnmi.org with the subject line "Jobs". Indicate which position you are interested in and why and attach your resume. Please include three references and their contact info.

Opinion

Hafa Adai
Saipan Tribune
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EDITORIAL

We need to make voting easier, not harder

Just because something is legal doesn't mean it is right.

A federal appeals court ruled Monday that Texas can limit counties to one mail ballot drop-off site. The ruling from a three-judge panel of the U.S. 5th Circuit Court of Appeals concluded that Gov. Greg Abbott's order limiting drop-off sites was proper because Texans have other ways to cast their votes.

Indeed, Texans have other ways to vote. Eligible voters can early vote in person or by mail, or show up at the polls on Election Day. But in a year when COVID-19, voting rights and the ballot integrity are top of mind to many voters, the governor's decision to limit counties to a single drop-off location unnecessarily complicates an already chaotic voting cycle.

The governor said the limit is necessary to preserve voting integrity, a reference to voter fraud. However, voting fraud has been rare, according to experts, plus this is a year of pandemic when many more people would like to vote in ways that ensure they aren't standing in line.

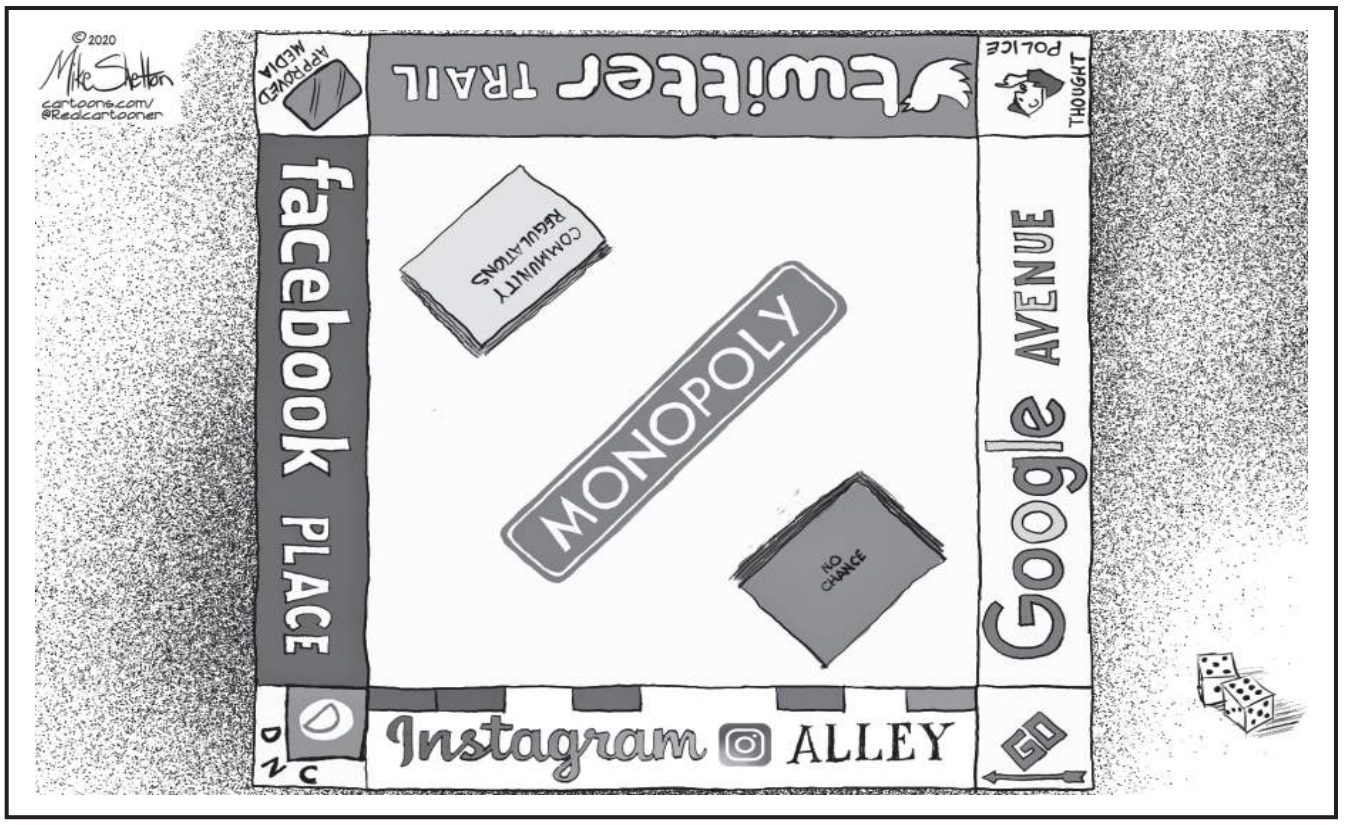
As evidenced by the first day of early voting in Texas, a massive voter turnout is expected this presidential election cycle _ all the more reason for the governor to have allowed counties to decide how best to serve residents and increase voting opportunities. And make no mistake, casting a ballot at a drop-off location is not like dropping a letter into an unattended, locked mailbox, something people do with confidence every day. Voters must present an approved form of identification to deliver their mail-in ballots, and they may not turn in any one else's ballot _ the same procedure that voters must adhere to on Election Day.

And for many residents in far-flung rural and urban counties, a single drop-off point is inconvenient. Harris, Travis and Fort Bend counties had planned to open multiple mail-in-ballot delivery locations, and Harris had begun collecting them in clerk offices. In Dallas County, the drop-off location is the county's elections department office at 1520 Round Table Drive, not far from Regal Row and Interstate 35E, miles away from many residents, especially those in Garland and other communities on the east side of Dallas County.

Earlier this year, we praised Abbott for wisely extending the start of the early voting period to Oct. 13. That change wisely added six days to early voting and gives voters roughly three weeks to cast ballots in advance of Election Day. Allowing counties to determine their needs for drop-off locations should have been the governor's next step.

Without a doubt, the need for pandemic protections, such as regularly sanitizing the polls and enforcing social distancing in lines, have complicated voting this year. Between now and Election Day, we'll find out pretty quickly whether the state and county governments have enough polling places and trained workers to prevent long delays, and whether disruptive voting machine glitches and other issues at polls will mar the cycle. The bottom line is that the opportunity to vote undergirds the foundation of democracy in Americans, and it should not be a test of endurance and persistence.

(c) 2020 *The Dallas Morning News*



Presidential election has many parallels to 1980

By CARL P. LEUBSDORF
The Dallas Morning News

Carl P. Leubsdorf is the former Washington bureau chief of the Dallas Morning News*. Readers may write to him via email at: carl.p.leubsdorf@gmail.com.*

Every presidential election has unique aspects. In 2020, those are the current occupant of the White House and the COVID-19 pandemic.

But this campaign also has striking similarities with the one 40 years ago, and President Donald Trump's withdrawal from Thursday's scheduled debate is just the latest example. In 1980, as in 2020, an unpopular first-term incumbent was struggling for reelection against not only his rival but the impact from a historic event that began overseas.

The 1980 incumbent was Democrat Jimmy Carter, his Republican rival was former California Gov. Ronald Reagan, and the campaign was overshadowed by events in Iran, just like the pandemic from China has dominated the current campaign.

That September, Carter withdrew from the first scheduled debate because it included not just Reagan but independent candidate John Anderson. One month later, Carter and Reagan did debate—with disastrous results for the incumbent.

Here are some other parallels:

■ Both presidents were political flukes. Few gave much chance to Carter, a little known one-term Georgia governor running in a big Democratic field. That was likewise true for Trump, the widely known reality TV star and real estate scion, who beat an array of Republican heavyweights.

■ Both were narrowly elected over unique rivals. Carter won by a total of 18,000 votes in Ohio and Hawaii over President Gerald Ford, the nation's only non-elected president. Trump won by a combined 77,000 votes in Michigan, Pennsylvania and Wisconsin over former Secretary of State Hillary Clinton, the first major party female nominee.

■ Challengers presented age issue. Reagan, a two-time presidential also-ran approaching his 70th birthday, was initially considered too old to be president. Only one prior president, Dwight Eisenhower, had reached 70 in office, and that was three months before he retired.

Reagan went on to win two terms and was nearly 78 when he left office. Trump, the first president over 70 when inaugurated, is now 74. But Biden will be 78 just weeks after the election—and 82 four years later.

■ Incumbents sought reelection after difficult presidencies. Inexperience hampered both Carter and Trump in office. Carter had constant clashes with the Democrats' liberal base. Trump has governed without seeking to broaden his conservative base.

■ Woes from abroad impacted daily life in the U.S. Carter's reelection campaign was crippled by the fallout from Iran's overthrow of its monarchy and a resulting limit on oil exports that triggered a domestic gasoline shortage, record inflation and, ultimately, an economic recession.

Then, Iranian militants took over the U.S. Embassy in Tehran and held more than 60 American diplomats for over a year, making Carter look weak by rebuffing his efforts to free them.

Trump's biggest problems have come from his mishandling of the coronavirus pandemic that began in China and the resulting economic recession.

■ Wings of the presidents' parties opposed reelection. Their election year political problems were different. Carter, more centrist than many top Democrats, had to surmount a primary challenge from Massachusetts Sen. Edward Kennedy, leader of the party's liberal wing.

Trump has a united Republican Party, minus moderates who never supported him and either backed Biden or stayed neutral. But he never broadened his political base, and his average job approval never reached 50%.

■ Both were faulted for running incompetent White Houses. Carter's top aides were fellow Georgians with little Washington experience, while Trump's impetuousness produced a revolving door staff, including four chiefs of staff and four national security advisers in less than four years.

■ Security leaders broke ranks. Many longtime Democratic national security specialists supported Reagan, contending Carter's foreign policy was too soft toward adversaries. In 2020, many longtime GOP national security officials and military chiefs are backing Biden, criticizing Trump for cozying up to autocrats and straining ties with long-time U.S. allies.

■ Voter patterns changed. While covering the 1980 campaign for The Baltimore Sun, I met many voters who said they voted for Carter in 1976 but were disappointed and were switching to Reagan. Virtually none was switching from Ford to Carter.

Campaign accounts this year indicate a similar pattern: voters who said they gambled on Trump in 2016 but now back Biden, hardly any switching from Clinton to Trump.

■ Campaigns underestimated rivals. Before their only debate, Carter's staff denigrated Reagan, whom they thought would be exposed as stupid. Trump did something similar with Biden.

■ Polls pointed toward challengers. In 1980, polls showed a very tight race before the two debated a week before the election. Afterwards, Reagan pulled ahead and won by 10 points. This year, Biden had a solid lead going into their first debate. Afterwards, it increased.

Despite these campaign similarities, there are striking contrasts between the two men. Carter was a serious, hands-on president, done in by stubbornness, persistent refusal to consider political implications, and ultimately by events beyond his control.

Trump is a showman who governs by instinct, done in by lack of governmental knowledge, failure to take needed steps to cope with the COVID-19 pandemic and a seeming propensity to govern based on the political impact on his own fortunes.

But the end results—like the two campaigns—may prove similar.

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

The unmentioned issue in this campaign

By CAL THOMAS
Tribune Content Agency

Readers may email Cal Thomas at tcaeditors@tribpub.com.

"Debt is the worst poverty."—Thomas Fuller, 17th century English churchman and historian

No reporter asks about it. The candidates don't talk about it. Are voters even concerned about it?

The unmentioned "it" is the national debt, which recently reached $27 trillion and continues to grow like an untreated tumor on the economic body of the nation.

At least one group is trying to get the public's attention about how dangerous the national debt is to the future of the country. It is the newly formed Millennial Debt Commission, or MDC, a civilian-led commission working toward a framework for long-term deficit reduction, made up of "20 millennial business leaders from across the country."

The MDC recently held a conference call with current and former members of Congress (all Republicans, unfortunately, since the debt is equally the fault of both parties) and former government officials.

One of those on the call was former Congressional Budget Office Director Doug Holtz-Eakin, who said the national debt is "quite literally mathematically unsustainable." This is not new, as many have been saying much the same over many years, though they lack the will to do anything about reducing it. These include congresses with Democrat and Republican majorities and administrations. Holtz-Eakin added, "We are headed into a death spiral where we borrow to pay interest on previous borrowing, and it cannot be sustained."

It is, as Sen. Ron Johnson (R-Wisc.) calls it, "intergenerational theft." We've heard that one before, too, but it's one thing to sound an alarm; it is quite another to stop the thieves. Said Johnson, "70% of our budget (is) now on complete automatic pilot ..."

While some alarmists are warning we could all die from climate change in the next however many years (their predictions differ and have been consistently wrong), the national debt is a clear and present threat to the stability, even existence, of the country. Great nations of the past have expired, or been greatly diminished, by refusing to control debt.

Rep. William Timmons (R-S.C.) warned, "The global economy is not going to allow the United States government to borrow $70 trillion (his estimate at the current rate of borrowing and spending) ... we will lose our preeminent position and the dollar will just be in the trash can."

Rep. Bryan Steil (R-Wisc.) added, "... the projected Congressional Budget Office debt to GDP ratio at the end of the year is 101%. That's really the tipping point when you talk to macroeconomists and where you get into a danger zone. ... What we need to do is have an adult and thoughtful conversation about how we are going to turn the tide and get back to a sustainable path going forward."

Ah, but herein lies the problem. Sen. Joni Ernst (R-Iowa) told the conference call participants, "I was on the budget and appropriations process reform committee, the joint select committee that was established several years ago ... we couldn't come together on legislation. We could not do anything more than simple window dressing. ... There are so many people stuck in the way that we've always done things ... and we really do have to move beyond that."

The ongoing problem is how? As long as many Americans believe government owes them money extracted from other people, as long as politicians use spending to "buy" votes, refusing to say "no" to any request, the debt will grow. That guarantees the bill will come due sooner rather than later.

Ralph Waldo Emerson is among legions of people who have warned of the dangers of debt: "A man in debt is so far a slave."

If that is true for individuals, how much more for nations?"

Amy Coney Barrett for health care czar?

By RICH LOWRY
King Features Synd., Inc.

Rich Lowry is editor of the National Review.

Amy Coney Barrett has accomplished many things in her career. Becoming an authority or a policy maker on health care isn't one of them.

At Notre Dame, she was a professor at the law school, not at the Eck Institute for Global Health. She's written for the Cornell Law Review, not The New England Journal of Medicine. She's up to replace the late Ruth Bader Ginsburg at the Supreme Court, not Dr. Anthony Fauci at the National Institute of Allergy and Infectious Diseases.

No one would have guessed it, though, from listening to Democratic senators on the first day of her much-anticipated confirmation hearings. They acted as if Barrett has been nominated to become the nation's health care czar, responsible for everything from the fate of Obamacare to the country's coronavirus response.

This tack underlined political themes that Democrats are hammering home in the final weeks of the election, but they have little or nothing to do with Amy Coney Barrett, a judge seeking to sit on the highest court in the land.

The proximate cause of the Democratic assault on health care is the imminent arrival of an anti-Obamacare lawsuit in the Supreme Court. The Democratic theory is that Barrett is being sent on a not-so-secret mission to destroy the health care law. Sen. Dick Durbin of Illinois says that this is her "assignment." Sen. Sheldon Whitehouse of Rhode Island says that she is a "judicial torpedo" aimed at the Affordable Care Act.

The lawsuit emanates from a prior Supreme Court ruling on Obamacare. To keep the law from being struck down over its individual mandate, Chief Justice John Roberts reinterpreted the penalty for not complying with the mandate as a tax. Subsequently, Congress zeroed out the tax. Now, Texas and other states are contending that this tax that no one pays cannot truly be considered a tax, and must be struck down—as well as the rest of the law.

It's hard to see how the suit succeeds. One hurdle is standing. The plaintiffs need to demonstrate a harm, which isn't easy when the offending provision is a tax or penalty of zero. Even if the Court throws out the penalty, it would have to conclude that this unenforced provision is so central to the ACA that the rest of the law has to go, too. This would be a stretch.

If the Democratic case against Barrett isn't landing any blows, it is telling, nonetheless. As always, progressives don't view the Supreme Court as a neutral body devoted to interpreting the Constitution and the law as written, but as a supra legislature that should protect and advance their policy goals.

Barrett has a more modest and appropriate view of the Court's role. After getting lectures for hours about the benefits of the ACA, she rightly said in her opening statement: "The policy decisions and value judgments of government must be made by the political branches elected by and accountable to the People. The public should not expect courts to do so, and courts should not try."

In short, if she wanted to create health care policy, she would have gotten into a different line of work.

Congress must deliver COVID-19 relief

By KAREN DOLAN
Tribune News Service

Karen Dolan directs the Criminalization of Race and Poverty Project at the Institute for Policy Studies. This column was produced for the Progressive Media Project, which is run by The Progressive *magazine, and distributed by Tribune News Service.*

Pamela Rush was a good mother and a caring neighbor.

She was also a poor woman in rural Alabama, fighting a predatory lender who was fleecing her over the broken, dangerous trailer she and her children lived in. As part of the Poor People's Campaign, Pamela gave heartbreaking testimony before Congress in 2018 on behalf of roughly 140 million poor and low-income Americans.

Life wasn't easy for this 43% of the American public before the pandemic, and it's gotten harder now. Despite her fighting spirit, Pamela tragically perished from COVID-19 this summer.

As a poor woman who is also Black, Pamela was especially vulnerable. So are the half of all Americans today who are reporting financial hardship as a result of the pandemic—and the one in three children in families who are hungry or in danger of losing shelter.

We are a nation in crisis and without leadership. Just weeks before the presidential election, President Donald Trump and Republicans in Congress continue to deny relief to these hardest-hit Americans.

Nearly six months ago, the Democratic-controlled House of Representatives passed another relief bill as the CARES Act from March expired. The Republican Senate declined to take it up, leaving millions of workers without jobs, relief or income and facing evictions and food insecurity.

The House again passed a scaled-down version of its relief package this fall, which the Senate and White House again refused to take up, choosing instead to focus on ramming through a right-wing Supreme Court nominee just before the election.

Federal Reserve Chairman Jerome Powell and Moody Analytics chief economist Mark Zandi have each given dire warnings that our economic recovery is under grave threat if a federal relief package isn't passed soon.

Trump, trailing badly in the polls, reengaged briefly before he abruptly and inexplicably called a halt to negotiations. Then, just as abruptly, he reversed course and demanded relief. His tweets on the topic have been all over the map.

Either way, Senate Majority Leader Mitch McConnell has said a major relief bill is a no-go.

At best, he's offering a much-pared-down package that would prioritize immunity for corporations who endanger their workers during the pandemic over relief for the workers themselves. Some analysts have even speculated that McConnell is deliberately trying to hamstring a possible Biden presidency by stalling on relief.

In lieu of real help, President Trump is instead opting for an $8 billion campaign stunt that would rob the Medicare Trust Fund to put a measly $200 "Trump Gift Card" in the pockets of some seniors, meant to help them with prescription drug costs for two years. This works out to about $8 per month, and is aimed at helping no one but Trump's reelection campaign.

With Republicans packing the Supreme Court ahead of yet another challenge to the Affordable Care Act this November, that's an especially insulting gesture. Gutting the ACA would throw 20 million Americans off their health insurance in the middle of a pandemic. Already, 12 million people have lost their employer-sponsored health care.

Where is the leadership? Where is the relief?

Where is the concern for the families of the more than 215,000 Americans, like Pamela Rush, who have lost their lives to the coronavirus because our leaders failed to take the virus seriously? Where are the economically sound policies that would get struggling Americans back on their feet?

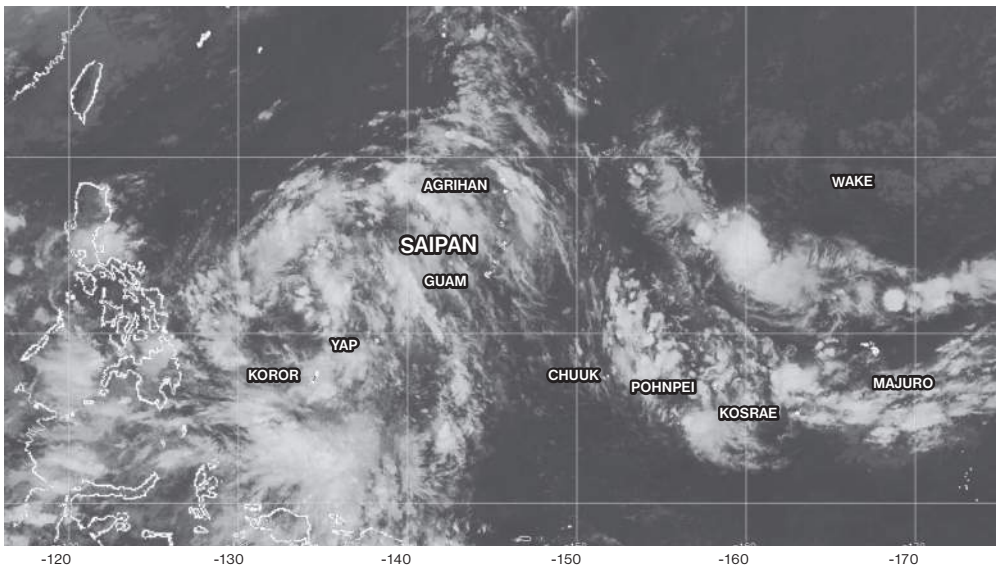
We are a nation adrift in a sea of suffering, with no end in sight—except, maybe, at the polls. Please make your voice heard.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Partly sunny with isolated showers and thunderstorms. Northeast winds 5 to 15 mph.	Partly sunny with scattered showers and isolated thunderstorms. East winds 10 to 15 mph.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.	Mostly cloudy with isolated showers and thunderstorms.
88° 78°	88° 78°	88° 78°	88° 78°	88° 78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:06 AM, SUNDAY, OCTOBER 18, 2020

Western North Pacific between equator and 25N from 130E to 180.

Satellite and regional surface observations show mostly cloudy skies, spotty showers and moderate southeast winds this morning. Buoys indicate combined seas around 5 feet with higher seas for waters exposed to southeast wind waves. A large but disorganized tropical disturbance is centered well southwest of Guam near 9N136E.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	82° / 77°
Palau	Thunderstorms	85° / 79°
Yap	Thunderstorms	84° / 79°
Chuuk	Showers	87° / 79°
Pohnpei	Partly Cloudy	87° / 77°
Kosrae	Thunderstorms	87° / 77°
Majuro	Thunderstorms	86° / 81°

DAY	SUNRISE	SUNSET
Today	6:09 AM	5:54 PM
Tuesday	6:09 AM	5:53 PM
Wednesday	6:09 AM	5:53 PM
Thursday	6:10 AM	5:52 PM
Friday	6:10 AM	5:52 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	8:22 AM	8:07 PM	-
Tuesday	9:26 AM	9:02 PM	-
Wednesday	10:29 AM	9:59 PM	-
Thursday	11:29 AM	10:58 PM	-
Friday	12:25 PM	11:55 PM	-

AROUND THE GLOBE		▲ ▼ °F
Auckland	Partly Cloudy	64° / 52°
Beijing	Partly Cloudy	61° / 45°
Hong Kong	Sunny	90° / 73°
Honolulu	Windy	83° / 74°
London	Showers	61° / 54°
Los Angeles	Sunny	91° / 66°
Manila	Thunderstorms	88° / 79°
Melbourne	Sunny	84° / 66°
Miami	Thunderstorms	84° / 78°
New York	Sunny	63° / 52°
Osaka	Mostly Cloudy	66° / 57°
Paris	Sunny	73° / 57°
Busan	Windy	64° / 61°
Rome	Sunny	75° / 54°
Salem	Sunny	73° / 48°
San Francisco	Mostly Sunny	64° / 47°
Seoul	Cloudy	64° / 50°
Tokyo	Partly Cloudy	63° / 52°
Washington, DC	Sunny	64° / 47°

TIDES: SAIPAN HARBOR TODAY		FEET
3:08 AM	LOW TIDE	-0.29
9:40 AM	HIGH TIDE	2.01
3:34 PM	LOW TIDE	0.84
8:48 PM	HIGH TIDE	1.97

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html
- Ensure a 30-day supply of all medicines.

Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
- ❑ Choosing a room in your house that can be used to separate sick household members from others.
- ❑ Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- ❑ Avoiding touching your eyes, nose, and mouth with unwashed hands.
- ❑ Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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FLIGHT SCHEDULE AS OF SEPTEMBER 11, 2020

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	7:30am	8:10am	1, 4
UA117	7:50am	8:30am	6

SAIPAN-MANILA (MNL)

UA117/183	7:30am	9:10pm	1 via Guam

GUAM-MANILA (MNL)

UA183	7:25pm	9:10pm	1 via Guam
UA183	9:05pm	10:50pm	5 via Guam

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	5:50am	6:31am	1, 4
UA174	6:15am	6:56am	6

MANILA (MNL)-SAIPAN

UA184/174	11:45pm	6:56am+1	5 via Guam

MANILA (MNL)-GUAM

UA184	10:25pm	4:25am+1	1 via Guam
UA184	11:45pm	5:33am+1	5 via Guam

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF OCTOBER 8, 2020

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Mon/Tues/Wed/Thurs/Fri
1302	11:00AM	11:30AM	Mon/Tues/Wed/Thurs/Fri
1303	3:30PM	4:00PM	Mon/Wed/Fri

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Mon/Tues/Wed/Thurs/Fri
3102	12:00AM	12:30AM	Mon/Tues/Wed/Thurs/Fri
3103	4:30PM	5:00PM	Mon/Wed/Fri

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Temporarily Unavailable
1205	11:00	11:15	Temporarily Unavailable
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Temporarily Unavailable
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Temporarily Unavailable
1212	18:00	18:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Temporarily Unavailable
2105	11:30	11:45	Temporarily Unavailable
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Temporarily Unavailable
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Temporarily Unavailable
2112	18:30	18:45	Temporarily Unavailable

Business

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

CNMI House Cleaning Service: The feel of brand new

Nowadays, hiring a cleaning service is not just a luxury but a necessity because a clean environment, whether at home or work, helps prevent the spread of virus and disease. CNMI House Cleaning Service, established in August this year, is at your beck and call and promises to do the job well and right.

According to its manager Emma Ma, since the COVID-19 pandemic hit, good health and maintaining it has become a big issue. "Due to COVID-19, the need to disinfect regularly whether at home or work has become a need," she said.

"We always aim for customer satisfaction… We offer all kinds of cleaning both in people's homes, offices, commercial establishments, and even the interior of vehicles. We also offer sofa, mattress, and carpet cleaning. Whether its deep or regular cleaning and disinfecting, customers will feel that their area or furniture are completely new," she added.

CONTRIBUTED PHOTO
CNMI House Cleaning service does effective cleaning where it is needed like this car seat. Photo taken before cleaning procedure.

CONTRIBUTED PHOTO
Photo taken after CNMI House Cleaning Service did its job. The results are seen right away.

The standard cleaning package includes: vacuum, dust, wipe down, sweep, mop all common areas, and this is recommended as a routine service cleaning on a regular basis. Deep cleaning package includes vacuum, dust, sweep, mop, scrubbing on tough to clean areas, and it's recommended to be done once a month.

"Our cleaners follow health and safety protocols such as wearing masks, gloves, and social distancing and are well trained to fully extract bacteria, dust, dirt, stains, debris, and mites. We have invested in professional tools and equipment that allows us to do deep or regular cleaning and these equipment allows us to deliver high quality results, "Ma said.

"We are flexible as clients can come to the office and we also do home service…we believe that keeping sofas, mattresses, and carpets unkempt and unclean for a long time cannot be ignored because these are breeding places for bacteria and mites which can seriously endanger health," she added.

Ma believes that their cleaning routine leaves a lasting impression. "Customers see the difference before and after we clean sofas. Mattresses, car seats, etc… Your family and employees deserve a clean and healthy environment and we can do that for you so you can enjoy a healthy life," she said.

CNMI House Cleaning Service is open Monday to Saturday from 8pm to 5pm. For more information, call (670) 783-1521 or go to their Facenook page https://fb.me/cnmihousecleaningservice.

UK says EU trade talks 'over' but bloc sees room for a deal

LONDON (AP)—British Prime Minister Boris Johnson said Friday that the U.K. must prepare for a no-deal break with the European Union unless there is a "fundamental" change of position from the bloc, as the two sides swapped blame for failing to strike a trade deal with just weeks until the end-of-year deadline.

The EU said it was ready to continue negotiating, but Britain declared the talks as good as dead.

"The trade talks are over," Johnson's spokesman James Slack said. "The EU have effectively ended them yesterday," he said, by stating at a summit in Brussels that the U.K. would have to significantly change position or there would be no deal.

EU leaders including German Chancellor Angela Merkel and Dutch Prime Minister Mark Rutte said the bloc was still willing to seek compromise, and European Commission President Ursula von der Leyen said the EU still wanted a deal —- though "not at any price." Von der Leyen announced that EU negotiator Michel Barnier would head to London next week "to intensify these negotiations."

Downing St. rebuffed the offer, saying there was "no basis for negotiations in London as of Monday," though British negotiator David Frost and Barnier agreed to speak early next week.

"There is only any point in Michel Barnier coming to London next week if he is prepared discuss all the issues on the basis of legal texts in an accelerated way without the U.K. being required to make all of the moves," Slack said.

The EU said it saw several more weeks of detailed talks ahead which would by their very nature have to deal with legal wording, and said both sides would have to budge.

Britain ramped up tensions without definitively making good on Johnson's threat to walk away from negotiations if a deal was not struck at the EU summit which ended Friday.

Johnson said in London that the EU had "abandoned the idea of a free trade deal" by not giving in to the U.K.'s demand for a generous free trade agreement like the one the bloc has with Canada.

"Unless there is a fundamental change of approach we are going to go for the Australia solution," Johnson said.

While Australia has no comprehensive trade deal with the EU, Johnson insisted Britain would "prosper mightily" under those conditions, which would mean tariffs and other barriers between the U.K. and its biggest trading partner. But many economists say it would be devastating for many British businesses, which are already struggling with a huge economic hit from the coronavirus pandemic.

Sectors such as automaking and agriculture, which face heavy tariffs, say they could be wiped out.

Ian Wright, chief executive of the Food and Drink Federation, said Johnson's statement had put Britain "into very dangerous territory."

"In the event of a no-deal Brexit, shoppers will, literally, pay a heavy price," with stiff tariffs compounded by border delays, he said.

Britain officially left the EU on Jan. 31 but remains part of its economic structures until Dec. 31. The two sides have been trying to strike a deal on trade and other relations before then, and say in practice it must be agreed by early next month if it is to be ratified by year's end.

US posts record $3.1T 2020 budget deficit

WASHINGTON (AP)—The federal budget deficit hit an all-time high of $3.1 trillion in the 2020 budget year, more than double the previous record, as the coronavirus pandemic shrank revenues and sent spending soaring.

The Trump administration reported Friday that the deficit for the budget year that ended on Sept. 30 was three times the size of last year's deficit of $984 billion. It was also $2 trillion higher than the administration had estimated in February, before the pandemic hit.

It was the government's largest annual shortfall in dollar terms, surpassing the previous record of $1.4 trillion set in 2009. At that time, the Obama administration was spending heavily to shore up the nation's banking system and limit the economic damage from the 2008 financial crisis.

The 2020 deficit, in terms of its relationship to the economy, represented 15.2% of total gross domestic product, the sum of all the goods and services produced by the country. That was the highest level since 1945, when the U.S. was borrowing heavily to finance World War II.

The administration's final accounting of the 2020 budget year shows that revenues fell by 1.2% to $3.42 trillion, while government spending surged 47.3% to $6.55 trillion. That spending reflects the relief programs Congress passed in the spring to support the economy as millions of Americans were losing their jobs.

Many of the benefit programs expired in late July or early August, and so far Democrats and Republicans have been unable to agree on legislation to re-instate them. Republicans have balked at the level of spending sought by Democrats, who warn that without significant support the country could be facing a double-dip recession.

While about half of the 22 million jobs lost in March and April have been recovered, the concern is that without more government support, those still without work will be unable to make their rent or mortgage payments and buy food. In addition to the human toll, the result would be a significant drag on U.S. economic growth.

President Donald Trump has said he is willing to compromise with Democrats on a new relief package but Senate Republicans have indicated they don't support the spending levels being put forward by Democrats.

"The administration remains fully committed to supporting American workers, families and businesses and to ensuring that our robust rebound continues," Treasury Secretary Steven Mnuchin said in a statement released with the budget report.

The joint report from Treasury and the Office of Management and Budget showed that total government receipts of $1.61 trillion were $286 billion lower than the administration had projected in February. That reflected a drop of $203 billion in individual income taxes from the February forecast and a decline of $51.8 billion in corporate income taxes from the February projection.

The $6.55 trillion in spending—$1.76 trillion higher than the administration's February estimate—includes the coronavirus relief programs passed by Congress, such as individual economic impact payments of $1,200, expanded weekly unemployment benefits of $600 per week and the Paycheck Protection Program to provide support to small businesses.

Nation

Trump leans into fear tactics in bid to win Midwest states

JANESVILLE, Wisconsin (AP)—President Donald Trump leaned into fear tactics Saturday as he accused the left of trying to "destroy the American way of life" in a late reelection pitch to voters in Michigan and Wisconsin—two Midwestern states that were instrumental to his 2016 victory but may now be slipping from his grasp.

In back-to-back rallies, Trump accused the left of wanting to "erase American history" and "purge American values." He claimed, with no basis, that Democratic rival Joe Biden would put communities at risk.

Trump offered the dark message as he faces headwinds not only in national polling, which shows Biden leading, but also in key battleground surveys. His comments come after his campaign, with far less cash than Biden's, largely retreated from TV advertising in the Midwest, shifting much of its money to Sun Belt states such as Florida, North Carolina, Arizona and Georgia, as well as Pennsylvania.

As he tries to energize his base and keep on-the-fence voters from turning against him, Trump sought to paint Democrats as "anti-American radicals" and said moderates had "a moral duty" to join the Republican Party.

"The Democrat Party you once knew doesn't exist," he said.

AP

President Donald Trump arrives at a campaign rally, Saturday, Oct. 17, 2020, in Norton Shores, Michigan.

It was the same on issue after issue, as he claimed in hyperbolic terms that Biden's election would spur "the single biggest depression in the history of our country" and "turn Michigan into a refugee camp."

Addressing the coronavirus crisis, Trump warned that Biden would "shut down the country, delay the vaccine and prolong the pandemic." Public health experts say the nation would be in far better shape had Trump's administration taken more aggressive action early on.

And while he repeatedly predicted victory, Trump seemed to grapple throughout the day with the prospect that he could indeed lose in November.

In Michigan, he quipped that, in January, he "better damn well be president. In Wisconsin, he wondered how he would process a loss.

"Can you imagine if I lose? I will have lost to the worst candidate in the history of American politics," he said. "What do I do?"

Trump has continued to hold rallies despite the threat of the coronavirus, which hospitalized him for several days earlier this month.

Wisconsin broke the record for new positive virus cases on Friday — the third time that's happened in a week. The state also hit record highs for daily deaths and hospitalizations this past week.

But there was little evidence of concern among the thousands of supporters Trump drew in both states, where audience members stood closely together in the cold, mostly without masks.

Trump continued to call on Michigan Gov. Gretchen Whitmer to roll back restrictions that remain in place to try to halt the spread of the virus, prompting the crowd to break into a "Lock her up!" chant. (The same chant also broke out after he mentioned his 2016 Democratic rival Hillary Clinton and Minnesota Rep. Ilhan Omar.)

Whitmer, a Democrat, was the focus of a kidnapping plot by anti-government extremists who were angered by lockdown measures. Thirteen men have been charged in connection with the scheme, which included plans to storm the state Capitol and to hold some kind of trial for the governor.

"You got to get your governor to open your state and get your schools open. The schools have to be open, right?" said Trump, who also took credit for federal law enforcement's role in foiling the plot.

Whitmer's digital director, Tori Saylor, urged Trump to stop.

"Every single time the President does this at a rally, the violent rhetoric towards her immediately escalates on social media," she tweeted. "It has to stop. It just has to."

Justices to weigh Trump census plan to exclude noncitizens

WASHINGTON (AP)—The Supreme Court agreed Friday to take up President Donald Trump's policy, blocked by a lower court, to exclude people living in the U.S. illegally from the census count that will be used to allocate seats in the House of Representatives.

Never in U.S. history have immigrants been excluded from the population count that determines how House seats, and by extension Electoral College votes, are divided among the states, a three-judge federal count said in September when it held Trump's policy illegal.

The justices put the case on a fast track, setting arguments for Nov. 30. A decision is expected by the end of the year or early in January, when Trump has to report census numbers to the House.

Trump's high court nominee, Amy Coney Barrett, could take part in the case if, as seems likely, she is confirmed by then.

Last year, the court by a 5-4 vote barred Trump from adding a census question asking people about their citizenship. Justice Ruth Bader Ginsburg, who died last month, was part of that slim majority. Barrett would take Ginsburg's seat.

"President Trump has repeatedly tried — and failed — to weaponize the census for his attacks on immigrant communities. The Supreme Court rejected his attempt last year and should do so again," said American Civil Liberties Union lawyer Dale Ho, representing a coalition of immigrant advocacy groups that challenged Trump's plan in court.

Trump left it to Commerce Secretary Wilbur Ross, who oversees the Census Bureau, to figure out how many immigrants are not living legally in each state.

The outcome of the census case could affect the distribution of political power for the next 10 years. The census also helps determine the distribution of $1.5 trillion in federal funding annually.

The administration told the court that the president retains "discretion to exclude illegal aliens from the apportionment based on their immigration status."

Trump's violation of federal law is "not particularly close or complicated," the ACLU said in a court filing arguing that the court shouldn't hear the case.

The Supreme Court separately allowed the administration to end the actual census count this week, blocking a court order that would have kept the count going until the end of the month.

The court did not take action on two other administration appeals of controversial policies on asylum seekers and the border wall that also were ruled illegal by lower courts.

Since early last year, the administration has made asylum-seekers wait in Mexico for U.S. court hearings, which has forced tens of thousands of people to return to Mexico.

Known informally as "Remain in Mexico," the policy became a key pillar of the administration's response to a surge of asylum-seeking families from Central America at the southern border. It also drew criticism for having people wait in dangerous cities.

Black immigrants find camaraderie, divide amid protests

(AP)—Inspired by the global protests against systemic racism and police brutality, Nigerian American blogger Nifesimi Akingbe donned a black shirt that read "I am Black history," and began recording a video.

Akingbe then went on to list her frustrations about racism in America and directed her message to Black immigrant communities like her own: This is your battle, too.

"When these cops see us or when some of these racist people see us, they see a Black person," Akingbe said during the 34-minute video posted on YouTube. They "don't care if you were born in Alabama, if you were born in Nigeria, in Ghana, in Sierra Leone. They see one color."

Akingbe, of suburban Baltimore, is among the many young Black immigrants or children of immigrants who say they are speaking out for racial equity while also trying to convince older members of their communities that these issues should matter to them, too.

"I feel like their mindset is different," the 31-year-old told The Associated Press, referring to immigrants like her parents, who she says tend to overlook racial issues.

To be sure, most Black immigrants have experienced the brutal legacy of European colonization, and those from Latin American and Caribbean nations have a history of slavery in their own countries.

In the U.S., from the civil rights movement to the current Black Lives Matter demonstrations, there have also been generational tensions in the African American community when it comes to taking a stand against racism. But these have largely been over tactics, said David Canton, a professor of African American history at the University of Florida.

"Everybody has a role in the movement. People have to learn to live with that and respect people's decisions," Canton said.

Like Akingbe, fellow Nigerian American Ade Okupe has been having conversations with older immigrants in hopes that they will see police brutality as something that also affects them.

So far, the 27-year-old said, he hasn't been successful.

"It's a non-issue to the older generation," said Okupe, who lives in Parkville, a Baltimore suburb. During some of their chats, older immigrants tell him they came to America to work and provide a better life for their children, not to protest about race.

"They want to make sure they are not doing anything that rocks the boat," said Daniel Gillion, author of "The Loud Minority: Why Protests Matter in American Democracy."

"They are trying to be good citizens and protests, in their eyes,—pushing back and criticizing the nation—isn't their perception of being a good citizen."

Asia

NZ's Ardern wins second term in election landslide

AUCKLAND, New Zealand (AP)—New Zealand Prime Minister Jacinda Ardern won a second term in office Saturday in an election landslide of historic proportions.

With most votes counted, Ardern's liberal Labour Party was winning 49% of the vote compared to 27% for its main challenger, the conservative National Party.

Labour was on target to win an outright majority of the seats in Parliament, something that hasn't happened since New Zealand implemented a proportional voting system 24 years ago. Typically, parties must form alliances to govern, but this time Ardern and Labour can go it alone.

In a victory speech in front of hundreds of cheering supporters in Auckland, Ardern said her party had gotten more support from New Zealanders that at any time in at least 50 years.

"This has not been an ordinary election, and it's not an ordinary time," she said. "It's been full of uncertainty and anxiety, and we set out to be an antidote to that."

Ardern promised not to take her new supporters for granted and to govern for all New Zealanders.

"We are living in an increasingly polarized world, a place where, more and more, people have lost the ability to see one another's point of view," she said. "I think in this election, New Zealanders have shown that this is not who we are."

AP

New Zealand Prime Minister Jacinda Ardern gestures as she gives her victory speech to Labour Party members at an event in Auckland, New Zealand, Saturday, Oct. 17, 2020.

A record number of voters cast early ballots in the two weeks leading up to the election.

On the campaign trail, Ardern was greeted like a rock star by people who crammed into malls and spilled onto streets to cheer her on and get selfies with her.

Her popularity soared earlier this year after she led a successful effort to stamp out the coronavirus. There is currently no community spread of the virus in the nation of 5 million and people are no longer required to wear masks or social distance.

Ardern, 40, won the top job after the 2017 election when Labour formed an alliance with two other parties. The following year, she became only the second world leader to give birth while in office.

She became a role model for working mothers around the world, many of whom saw her as a counterpoint to President Donald Trump. And she was praised for her handling of last year's attack on two Christchurch mosques, when a white supremacist gunned down 51 Muslim worshippers.

She moved quickly to pass new laws banning the deadliest types of semi-automatic weapons.

Japan's populist, pragmatic new PM Suga pushes Abe's vision

TOKYO (AP)—Japan's new prime minister, Yoshihide Suga, leaves Sunday on his first overseas foray since taking over from his former boss Shinzo Abe last month, heading to Vietnam and Indonesia.

The choice to visit Southeast Asia underscores Japan's efforts to counter Chinese influence and build stronger economic and defense ties in the region, much in line with Abe's vision.

It also reflects pandemic realities. With the U.S. tied up with domestic politics ahead of the Nov. 3 election, Suga was unable to head to Washington straight away for talks with Japan's most important ally after he replaced Abe, who resigned for health reasons.

As he emerges from Abe's shadow with promises to "work for the people," Suga is proving in some ways to be even more hard line. It has raised hackles within Japan and could rile neighbors, already disgruntled by Abe's nationalist agenda.

Abe had vowed to restore Japan's waning diplomatic stature and national pride by promoting ultra-nationalistic policies such as traditional family values and amending the post-World War II pacifist constitution to allow a greater overseas military role for his country.

While Abe traveled abroad relentlessly during his nearly eight years in office, often as Japan's top salesman, Suga mostly stayed home to manage bureaucrats to push economic, security and other domestic policies.

Suga is expected to sign a bilateral defense equipment and technology transfer agreement with Vietnam as part of Tokyo's efforts to promote exports of Japanese-made military equipment. It's a signal that Suga is certain to follow in Abe's footsteps in diplomacy.

At home, Suga was best known for his behind-the-scenes work pushing Abe's agenda as chief Cabinet secretary. He has deftly used his modest background as the son of a strawberry farmer and a teacher and his low-profile, hardworking style to craft a more populist image than his predecessor.

With much of the world, including Japan, occupied with battling the coronavirus pandemic, Suga is focusing more on delivering results. So far, he appears to be trying to distinguish himself from Abe by pumping out a hodge-podge of consumer-friendly policies meant to showcase his practical and quick work.

With national elections expected within months, there is little time to waste.

(asterisk)What is always on my mind is to tackle what needs to be accomplished without hesitation and quickly, and start from whatever is possible ... and let the people recognize the change," Suga told reporters Friday as he marked his first month in office.

World

Armenia, Azerbaijan attempt new ceasefire

BAKU, Azerbaijan (AP)—Armenia and Azerbaijan on Saturday announced a new attempt to establish a ceasefire in their conflict over Nagorno-Karabakh starting from midnight, a move that comes a week after a Russia-brokered truce frayed immediately after it took force.

The new agreement was announced following Russian Foreign Minister Sergey Lavrov's calls with his counterparts from the two nations, in which he strongly urged them to abide by the Moscow deal. There were no immediate claims of violations after the truce took effect at midnight.

Nagorno-Karabakh lies within Azerbaijan but has been under the control of ethnic Armenian forces backed by Armenia since a war there ended in 1994. The latest fighting that began on Sept. 27 has involved heavy artillery, rockets and drones, killing hundreds in the largest escalation of hostilities between the South Caucasus neighbors in more than a quarter-century.

Russia, which has a security pact with Armenia but has cultivated warm ties with Azerbaijan, hosted top diplomats from both countries for more than 10 hours of talks that ended with the initial ceasefire agreement. But the deal frayed immediately after the truce took effect last Saturday, with both sides blaming each other for breaching it.

The full-scale fighting continued to rage through the week.

In a new escalation, Azerbaijan on Saturday accused Armenia of striking its second-largest city with a ballistic missile that killed at least 13 civilians and wounded 50 others.

The Armenian Defense Ministry denied launching the strike, but the separatist authorities in Nagorno-Karabakh put out a statement listing alleged "legitimate" military facilities in the city of Ganja, although they stopped short of claiming responsibility for the attack.

Azerbaijani officials said the Soviet-made Scud missile destroyed or damaged about 20 residential buildings in Ganja overnight, and emergency workers spent hours searching in the rubble for victims and survivors.

Scud missiles date back to the 1960s and carry a big load of explosives but are known for their lack of precision.

In a televised address to the nation, Azerbaijan's president, Ilham Aliyev, denounced the missile strike as a war crime and warned the leadership of Armenia that it would face responsibility.

"Azerbaijan will give its response and it will do so exclusively on the battlefield," Aliyev said.

While authorities in Azerbaijan and Armenia have denied targeting civilians, residential areas have increasingly come under shelling amid the hostilities.

Stepanakert, the regional capital of Nagorno-Karabakh, came under intense shelling overnight, leaving three civilians wounded, according to separatist authorities.

Aliyev announced that Azerbaijani forces have taken the town of Fizuli and seven villages around it, gaining a "strategic edge." Fizuli is one of the seven Azerbaijani regions outside Nagorno-Karabakh that was seized by the Armenian forces during the war in the early 1990s.

Azerbaijani authorities said 60 civilians have been killed and 270 have been wounded since Sept. 27, but they haven't revealed military losses. Separatist authorities said over 600 Nagorno-Karabakh soldiers and 36 civilians have been killed.

New virus restrictions in Europe; Merkel warns of hard days

BERLIN (AP)—Chancellor Angela Merkel urged Germans to come together like they did in the spring to slow the spread of the coronavirus as the country posted another daily record of new cases Saturday.

"Difficult months are ahead of us," she said in her weekly video podcast. "How winter will be, how our Christmas will be, that will all be decided in these coming days and weeks, and it will be decided by our behavior."

Meanwhile, new restrictions went into effect in several other European nations in an effort to staunch the resurgence of the pandemic.

In Paris and eight other French cities, restaurants, bars, movie theaters and other establishments were being forced to close no later than 9 p.m. to try to reduce contact among people. The country was deploying 12,000 extra police officers to enforce the new rules.

Many restaurant owners have bristled at the order. An earlier months-long lockdown devastated the sector.

"I have the right to question the government's approach, I think it's a catastrophic measure for the industry," said Xavier Denamur, who owns Les Philosophes and several other bistros in Paris's chic Le Marais district, saying that if nothing else, the curfew should be 11 p.m.

"At least that would not destroy us," he said. "There's no evidence that this difference of a couple of hours will have any effect on the virus circulating."

In Britain, a three-tier regional approach to battle the pandemic introduced by Prime Minister Boris Johnson went into effect, with each level bringing progressively tighter restrictions.

On Saturday, tier-2 cities like London and York were subject to a ban on socializing with people from other households indoors, while the county of Lancashire joined Liverpool in tier 3 with the tightest restrictions.

Among other things, that means pubs have been forced to close and socializing with others is banned even in many outdoor settings.

In Northern Ireland a lockdown lasting four weeks came into force Friday. All pubs and restaurants must close except for takeaway services, and schools will close for two weeks for an extended half-term holiday.

Data from Friday showed that a further 136 people died in the U.K. within 28 days of testing positive for coronavirus, bringing the total official toll to 43,429.

The World Health Organization has warned that intensive care units in a number of European cities could reach maximum capacity in the coming weeks if the number of infections doesn't slow.

Health & Wellness

This advertorial is sponsored by Tan Holdings HEALTH IS WEALTH Tan Siu Lin Foundation

CONTRIBUTED PHOTO

No more excuses for not exercising

By JEFF STRICKLER
STAR TRIBUNE (MINNEAPOLIS)

When the pandemic started, we sat too much, ate too much and drank too much. But trainer/dietitian Anika Christ says it's time to quit using COVID-19 as an excuse. Sure, the pandemic disrupted our lives, but we've had six months to develop new routines, so that excuse doesn't cut it anymore.

"As people, we like excuses as a way of getting out of doing something," said Christ, a personal trainer, registered dietitian and certified sports nutritionist at Life Time fitness. "So everyone blamed COVID" for abandoning their good exercise and eating habits. And now we're paying the price.

"We're not as fit as we were before," she said. "We're not as healthy."

She understands the situation. Like many of us, she was quarantined at home, where she was overseeing her 7-year-old's remote learning while also tending to a toddler. Her daily routines fell by the wayside. But now, she says, it's time to get back on the fitness track, and that means doing more than just sitting around—literally—waiting for the pandemic to pass.

"We realize now that this could be for the long term," she said. "We want to get into a routine again."

One thing we've learned the last six months is that we're much more flexible than we might have thought. Not necessarily in terms of touching our toes, perhaps, but in adapting to changing conditions.

"Six months ago, I never would have thought about taking a video training session," she admitted. Now she's a regular in a 6 a.m. streaming class, and she loves it.

"I roll out of bed, go downstairs and turn on my laptop. I don't have to worry about making sure my kids are OK. I don't have to worry about a snowstorm keeping me from getting to the club on time," she said. "And I know there are six other women (in the class) waiting for me to show up, making me accountable."

The fitness industry was walloped by the stay-at-home directives. With the gyms and fitness centers closed, they focused on new ways of connecting with members, including fitness apps and workouts that could be done at home with a minimum amount of gear, something Christ referred to as "omnichannel fitness."

Trainers also are using technology to connect one-on-one with clients. As convenient as online training sessions are, "nothing can replace that real person," she said. Trainers can alert someone when their form is faulty and offer individualized advice on things like the proper resistance and number of reps a person should be doing.

While exercise fads come and go with the speed of an Olympic sprinter, Christ expects several of the pandemic-related changes to take root.

One is an increased emphasis on keeping the gear in health clubs clean. That's always been a priority, she said, but it's more visible now, with members also taking responsibility for wiping down equipment before and after they use it. Another is that stress relief, including yoga, Pilates and meditation, will be integrated into fitness routines.

"We've done a lot of stress eating" during the pandemic, she said. "Exercise is the best stress relief medicine."

Flu season is here, and some medical experts predict that a second wave of COVID-19 is on the way, too. Christ is hopeful that we can take the things we've learned the last six months to keep ourselves healthier in the next six months.

"We're ready this time," she said. "We have a lot more options."

DREAMSTIME/TNS

Making gyms safer: Why the virus is less likely to spread there than in a bar.

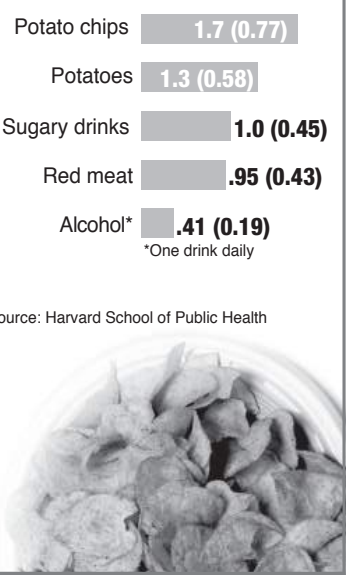
Healthy Living

What not to eat

A study shows that eating certain foods contributes to a larger amount of weight gain over time.

Hold the chips

Average amount of weight gained by study participants every four years over a 20-year period that was associated with these foods, in pounds (kilograms):



Source: Harvard School of Public Health

Emotional exhaustion during times of unrest

Local and world events have brought out strong emotions and stressors this year, often one right after another. They include COVID-19, social distancing, quarantines, stay-at-home orders, furloughs, job loss, masking, racial injustice, protests and demonstrations. There's no question 2020 has been a year full of change and trauma.

In addition to social unrest, you may be experiencing a high-pressure job, financial stress or poverty, being a caregiver, raising children, chronic illness or death of a family member or friend.

You may be wondering what's next or what else you will have to endure. As these events unfold, you may begin to feel unwell and irritable, and struggle to concentrate and motivate yourself. You may not even know what is causing how you are feeling. You can feel trapped or stuck. You're emotionally exhausted.

What is emotional exhaustion?

When stress begins to accumulate from negative or challenging events in life that just keep coming, you can find yourself in a state of feeling emotionally worn out and drained. This is called emotional exhaustion. For most people, emotional exhaustion tends to slowly build up over time. Emotional exhaustion includes emotional, physical and performance symptoms.

Emotional symptoms include:

- Anxiety
- Apathy
- Depression
- Feeling hopeless
- Feeling powerless or trapped
- Irritability
- Lack of motivation
- Nervousness
- Tearfulness

Physical symptoms include:

- Fatigue
- Headaches
- Lack of appetite
- Sore muscles or muscle tension

Performance symptoms include:

- Failing to meet deadlines
- Lower workplace commitment
- More absences
- Performing work duties more slowly

EMOTIONAL EXHAUSTION TREATMENT

Emotional exhaustion can be treated by recognizing the stressors you are able to minimize or eliminate. When you are unable to change a stressor because it is out of your control, it is important to focus on the present moment. In your present, there are many neutral or positive events occurring. When you focus on these types of events, it gives perspective about what is happening around you.

Stress often is interpreted as a threat to survival. When this happens, it increases the release of stress hormones from your brain, further contributing to your experience of emotional exhaustion. When you are able to focus on small neutral or positive events, your brain is able to understand that the threat is not as dire as it may first seem. The amount of stress hormone released is decreased so you are able are able to feel more emotionally balanced.

Other strategies to reduce emotional exhaustion include:

- Eliminate or minimize the stressor when possible
- Eat a healthy, balanced diet
- Exercise
- Get enough sleep
- Practice mindfulness to engage in the present moment

Talk with a mental health provider if you believe that you are suffering from emotional exhaustion. They can help you sort through the causes and symptoms you are experiencing to determine a plan that will help you regain a sense of well-being. ***(Mayo Clinic News Network)***

This article is written by Jennifer Wickham, a Mayo Clinic Health System licensed professional Behavioral Health counselor in Eau Claire, Wisconsin.

Life & Style

'Jagged Little Pill' leads Tony Awards nominations with 15

NEW YORK (AP)—The sobering musical "Jagged Little Pill," which plumbs Alanis Morissette's 1995 breakthrough album to tell a story of an American family spiraling out of control, earned a leading 15 Tony Award nominations Thursday, as the Broadway community took the first steps to celebrate a pandemic-shortened season that upended the theater world.

There are three best musical nominees: "Jagged Little Pill," "Moulin Rouge: The Musical" and "Tina—The Tina Turner Musical." And there are five best play nominees: "Grand Horizons," "The Inheritance," "Sea Wall/A Life," "Slave Play" and "The Sound Inside."

Tom Kitt, honored for orchestrations for "Jagged Little Pill," thanked Morissette and his collaborators, but also graciously nodded to the more than a dozen shows that were unable to open due to the pandemic.

"I also want to acknowledge all of the shows that were not able to open, so today I'm thinking of all of the great artists who were supposed to be a part of the '19-'20 season, and I can't wait to see all of their beautiful work when Broadway returns," he said in a statement.

Nipping on the heels of "Jagged Little Pill" for overall numbers of nominations is "Moulin Rouge!," a jukebox adaptation of Baz Luhrmann's hyperactive 2001 movie about the goings-on in a turn-of-the-century Parisian nightclub, that got 14 nods.

"It's definitely bittersweet," said Carmen Pavlovic, a lead producer of "Moulin Rouge!" "It's obviously not the year any of us imagined. At the same time I feel honored to have the opportunity to be part of such a history-making moment—I think we will all remember this year for many decades to come."

Two very different offerings are tied with 12: "Tina—The Tina Turner Musical," which tells the rock icon's life with songs that include "Let's Stay Together" and "Proud Mary," and "Slave Play," Jeremy O. Harris' ground-breaking, bracing work that mixes race, sex, taboo desires and class. The dozen nods make "Slave Play" the most nominated play in Tony history.

"The Inheritance" by Matthew Lopez nabbed 11 nominations. It's a two-part, seven-hour epic that uses "Howards End" as a starting point for a play that looks at gay life in the early 21st century.

"Theater, at its best, helps call us to those better instincts of our nature. I look forward to the day we can all return safely, joyfully to those sacred spaces and to tell each other stories of our lives and of our nation," Lopez said.

The nominations were pulled from just 18 eligible plays and musicals, a fraction of the 34 shows the season before. During most years, there are 26 competitive categories; this year there are 25 with several depleted ones.

The category for best performance by an actor in a leading role in a musical had just one actor—Aaron Tveit from "Moulin Rouge!" One category—best musical revival—had no eligible shows at all and was cut.

New book will include final thoughts from Justice Ginsburg

NEW YORK (AP)—Some final thoughts from Supreme Court Justice Ruth Bader Ginsburg and some previously unreleased materials have been gathered by one of her former clerks and will appear in a book coming out in March.

The University of California Press announced Thursday that it will publish "Justice, Justice Thou Shalt Pursue: A Life's Work Fighting for a More Perfect Union," on which Ginsburg worked in collaboration with Amanda Tyler. The book was in production at the time Ginsburg died, on Sept. 18 at age 87, and was originally scheduled for next fall.

"Over the spring and summer of this year, as Justice Ginsburg and I assembled this book, I had the special privilege of working closely with her one last time," said Tyler, now a professor of law at the University of California, Berkeley, in a statement.

"As we exchanged drafts of various parts of this book, the Justice was every bit as rigorous an editor as she had been 20 years ago when I clerked for her. Right up until the end, she was still teaching me about the craft of writing, how important precision is, and to never use four words when three will do."

According to the University of California Press, "Justice Thou Shalt Pursue" will make readers "privy to Justice Ginsburg's perspective on her legacy as an advocate for justice as defined by her personal selection of favorite opinions written from the Supreme Court bench (many in dissent). This designation offers a unique lens for understanding how, and for what, Justice Ginsburg would like to be remembered."

Next spring, the California press also will publish "Paving the Way: The First American Women Law Professors," by the former dean of Berkeley's law school Herma Hill Kay, who died in 2017. Ginsburg, a close friend of Kay's, contributed a foreword and had asked that "Paving the Way" come out at the same time as "Justice Thou Shalt Pursue." In 2019, Ginsburg visited Berkeley and delivered the first annual Herma Hill Kay Memorial Lecture.

Jewish family's painting looted by Nazis in 1933 is returned

ALBANY, N.Y. (AP)—A painting of two young, 19th-century skaters that was looted by Nazis from a Jewish family in 1933 and recently discovered at a small museum in upstate New York was returned Thursday after 87 years.

The painting "Winter" by American artist Gari Melchers was part of a cache of more than 1,000 pieces of art and artifacts seized from the Mosse family, prominent and well-off Jewish residents of Berlin who became early targets of the Nazi Party. Heirs have been tenaciously seeking to recover the lost pieces for the past decade.

"The Mosse family lost nearly everything because they were Jews. But they did not lose hope," acting U.S Attorney for the Northern District of New York Antoinette Bacon said at a repatriation ceremony at the Albany FBI office. "While this certainly does not take away the pain the that the Mosses endured, I hope it provides the family with some measure of justice."

The Mosse Art Restitution Project was started in 2011 to locate and restitute the stolen artworks on behalf of the Mosse heirs. They have completed three dozen restitutions covering more than 50 items from public and private museums as well as private individuals in Germany, Austria, Switzerland, Israel and the United States.

(AP PHOTO/MICHAEL HILL)

Acting U.S Attorney for the Northern District of New York, Antoinette T. Bacon, speaks at a repatriation ceremony for the painting "Winter" Thursday, Oct. 15, 2020, in Albany, N.Y. The painting, discovered in an upstate New York museum, was part of a cache of art seized by the Nazis from the Mosse family in Berlin in 1933.

The road to this restitution started after the Arkell Museum in Canajoharie, New York, noted its seasonal closing in January 2017 with a friendly Facebook post urging readers to "Enjoy Winter!" It was illustrated with a picture of "Winter."

The post was noticed by a student working with Dr. Meike Hoffmann of the Free University of Berlin. Hoffmann heads the Mosse Art Research Initiative, a university-based collaboration involving Mosse heirs and German public cultural institutions.

Hoffmann said in an email that provenance researchers at MARI were able to link the painting to the Mosse family with the help of Arkell Museum executive director Suzan Friedlander.

Widower dating again wants to leave the past in the past

DEAR ABBY: I'm 35 and have been a widower for almost five years. I began dating about two years ago.

In my adventures of dating I have encountered a lot of divorced moms. I met someone very special (I'll call her Rose) a year and a half ago. She's great. We share lots of laughs and goals, but she does something that drives me crazy. She's constantly showing me Facebook memories/photos of her daughter when she was young.

I never got the chance to have children and rarely bring up my past because I feel that's behind me. Rose's ex is "toxic," according to her, and from what I've witnessed, he's pretty bad.

I see her daughter two weeks out of the month. The girl is very spoiled and entitled, and when she's not around, Rose keeps shoving old photos of her in my face and asking, "Isn't she so cute?"

I can't relate, and I don't care for her daughter. Does that make me a jerk? I feel those old photos of her daughter are really her memories with her ex, and it would be just as bad if I showed photos of my late wife and asked, "Isn't she beautiful?" Am I wrong?

UNPARENT OUT WEST

DEAR UNPARENT: If you plan to continue a relationship with Rose, you are going to have to deal with your feelings about her daughter, some of which may be off base. It is important that you communicate to her the connection you make when you see those photos. The quickest way to work this through would be couples counseling.

If your description of the girl is accurate, then realize that as long as she's a minor, she will be a presence in your household. If you and her mother can't figure out a workable arrangement, you shouldn't waste any more of Rose's time or yours.

DEAR ABBY: "Ron," the guy my best friend, "Stella," is seeing, is a manipulator. My mother was a pro at manipulating and gaslighting, something I recognized after going to therapy as an adult. I know it when I see it.

A month ago, I told Stella what I have observed, and it has escalated to the point that I told her I no longer want to be around him. Ron, who is 40, throws tantrums and threatens to leave when he doesn't get what he wants.

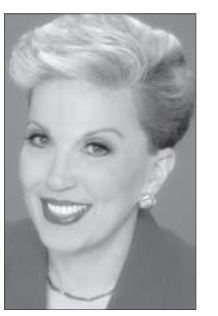
The last time I saw him was at a dinner Stella hosted. I left early after he threw another tantrum. Ron texted me an "apology" that did not address his behavior that night, but something else that happened a week ago. He then tried to guilt-trip me by saying my walking out hurt our friends and that he would stop hanging around because he didn't want them to be hurt like that.

I haven't responded to Ron's "apology" and haven't seen him since. I have seen Stella for lunch once since the incident. Must I accept his apology so everything goes back to how it was, or not see my friend until he is out of her life?

NOT A FAN OF HIM

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

DEAR NOT A FAN: You don't "have" to accept Ron's apology any more than you have to accept any other unappetizing "gift" that is offered. But don't stop seeing Stella. From what you have written, she needs a levelheaded friend right now. If Ron acts up again in your presence, leave if he makes you uncomfortable. And while you're at it, tell Stella the reason and ask—woman to woman—why she tolerates his childish threats.

What teens need to know about sex, drugs, AIDS and getting along with peers and parents is in "What Every Teen Should Know." Send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Teen Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

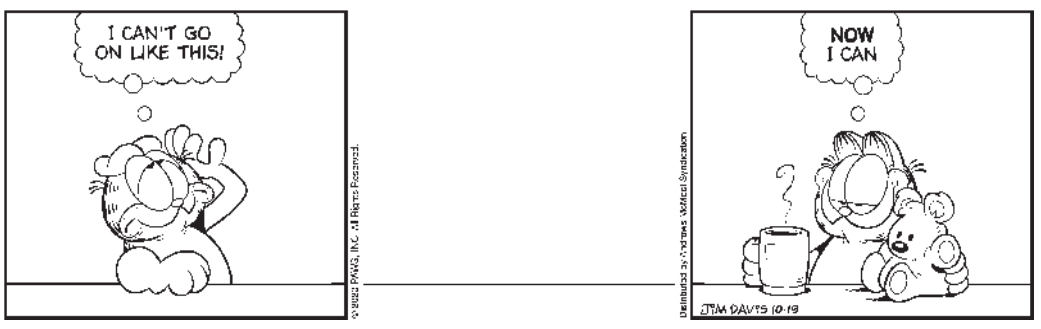
Calvin and Hobbes

By Bill Waterson

VROOM VROOOM RRR!
VROOM VROOOOM
AUGHH!
I WOULDN'T MIND THIS SO MUCH IF HE DIDN'T KEEP A LOG.
WOULD YOU SAY YOU WERE "VERY SURPRISED" OR "COMPLETELY SURPRISED"?
10-19

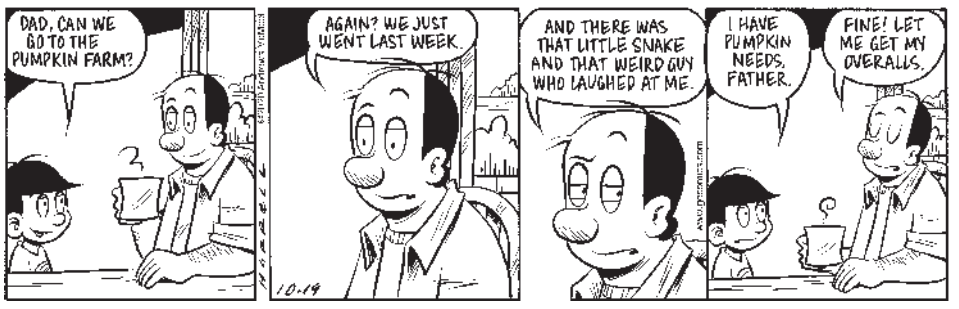
Garfield®

By Jim Davis



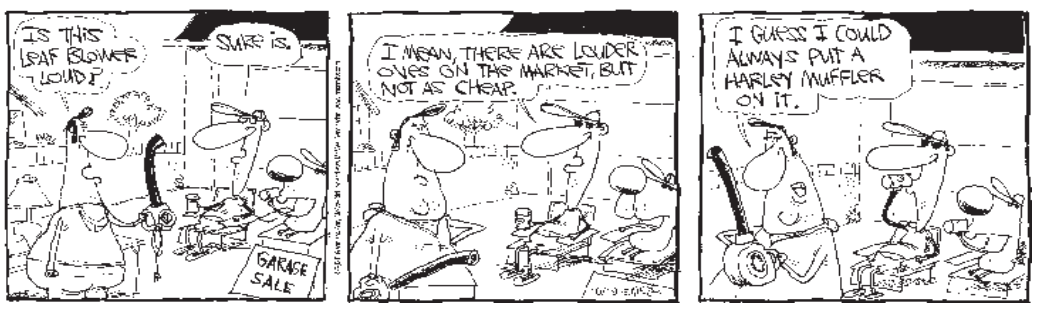
Adam@home

By Bryan Basset


DAD, CAN WE GO TO THE PUMPKIN FARM?
AGAIN? WE JUST WENT LAST WEEK.
AND THERE WAS THAT LITTLE SNAKE AND THAT WEIRD GUY WHO LAUGHED AT ME.
I HAVE PUMPKIN NEEDS, FATHER.
FINE! LET ME GET MY OVERALLS.
10-19

The Duplex

By Glenn McCoy


IS THIS LEAF BLOWER LOUD?
SURE IS.
I MEAN, THERE ARE LOUDER ONES ON THE MARKET, BUT NOT AS CHEAP.
I GUESS I COULD ALWAYS PUT A HARLEY MUFFLER ON IT.
GARAGE SALE

CROSSWORD

By Eugene Sheffer

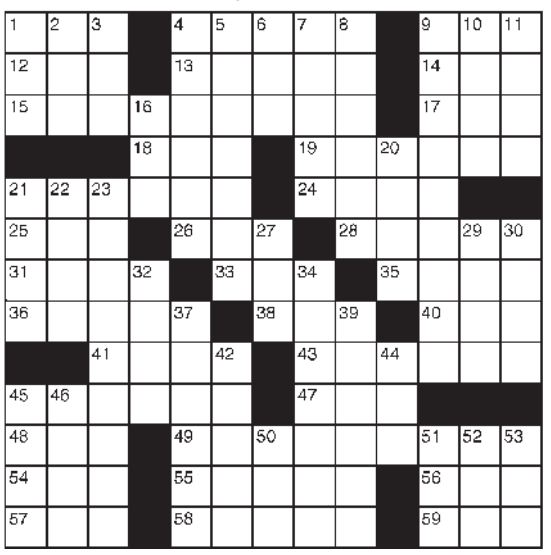
ACROSS
1 Cold and damp
4 Film trophy
9 J. Edgar's org.
12 Yale grad
13 Rummage (through)
14 Scooted
15 Football score
17 Caribou kin
18 Poetic dusk
19 Seedless oranges
21 Jungle trek
24 Men-only
25 Pool stick
26 NBC weekend show
28 Donovan of "Clueless"
31 War god
33 Jewel
35 New newts
36 Island south of Sicily
38 Snooze
40 Pinnacle
41 Antitoxins
43 Understands
45 Golden Arches burger
47 Water (Fr.)
48 Punk-rock subgenre
49 1968 Barbra Streisand film
54 HBO alternative
55 Mountain crest
56 Old Olds
57 Lay down the lawn
58 Early Mongolian
59 Rocker Rose

DOWN
1 Game official
2 Will Smith biopic
3 Golfer Michelle
4 Commands
5 Giving autographs
6 Corp. money manager
7 Alda and Cumming
8 Tell
9 Magazine subscription bonuses
10 Event for Cinderella
11 Pen fluids
16 Actress Salonga of "Miss Saigon"
20 Dell
21 Swindle
22 Mystique
23 Is sitting pretty
27 Cariou of Broadway
29 "Go no further!"
30 Nile vipers
32 Goblet feature
34 Purplish hue
37 Former PLO leader
39 Orison
42 Honda luxury brand
44 Calendar abbr.
45 Porgy's love
46 Texter's "As I see it"
50 Bottom line
51 Nest egg acronym
52 Actor Harrison
53 Texter's chuckle

Solution time: 26 mins.

Z	O	O	■	C	H	■	■	A	D	L	A	I	
I	M	S	■	P	E	W	■	R	U	I	N	S	
■	A	C	■	T	H	I	N	K	O	V	E	R	
C	H	A	■	S	E	L	E	S	■	■	■	■	
H	A	R	M	■	A	L	E	■	A	B	U	T	
■	■	■	E	M	T	■	D	A	B	B	L	E	
C	L	A	R	C	■	■	■	H	O	S	T	A	
■	I	B	I	D	O	■	B	A	D	■	■	■	
E	I	A	I	■	A	B	E	■	E	B	A	Y	
■	■	■	■	S	T	A	R	S	■	C	L	O	
O	V	E	R	T	H	I	N	K	■	T	O	Y	
■	O	L	I	C	■	L	I	I	■	S	N	O	
A	L	L	O	W	■	S	E	T	■	Y	E	S	

Last Friday's Answer 10/19



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Gillian Jacobs, 38; Chris Kattan, 50; Jon Favreau, 54; John Lithgow, 75.

Happy Birthday: Ease into the changes you want to make. Impulse will be what slows you down. Strategize and prepare to ensure that when the time is right you have everything in place. There is no room for error or time to get into a dispute over something you overlooked. Hard work will pay off; talking won't help you get things done. Your numbers are 9, 14, 21, 25, 34, 42, 45.

ARIES *(March 21-April 19):* Evaluate your relationship with anyone you share costs, responsibilities or possessions with, and make adjustments to ensure equality prevails. Honesty will help you move forward without hesitation. A contract or proposal will put your mind at ease. ✪✪✪✪

TAURUS *(April 20-May 20):* If change is what you want, be one to initiate ideas and plans that will encourage new beginnings. Look for opportunities, and be aggressive in your pursuits. Use intelligence, connections and discipline to reach your goal. Romance is on the rise. ✪✪✪

GEMINI *(May 21-June 20):* Handle discussions, dealings with institutions and relationships with superiors with care. Listen more, and you'll gain perspective regarding what's doable. Expand your mind, take better care of your health and explore new possibilities. Handle change with reason, not anger. ✪✪✪

CANCER *(June 21-July 22):* Be honest with yourself; it will help you see to the changes going on around you. Embrace any opportunity that encourages you to use your skills and knowledge in a diverse way. A creative pursuit will ease stress and help you gain perspective. ✪✪✪

LEO *(July 23-Aug. 22):* You'll be confused about the changes someone is making. Don't hesitate to ask questions, but recognize that interference will only make matters worse. Be a sounding board, not a dictator, and you'll be able to weather whatever storm you encounter. ✪✪

VIRGO *(Aug. 23-Sept. 22):* Confusion will set in if you are gullible or too trusting. Be prepared to make a last-minute change if you see that something is wrong or not turning out the way someone promised. Focus on doing what's right, not on making an impression. ✪✪

LIBRA *(Sept. 23-Oct. 22):* Swiftly clear up any uncertainty or confusion you face. Know what you are up against, and find a way to eliminate whatever is standing in your way. An innovative approach to money, work and partnerships will pay off. ✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Take a second look at something you want to pursue. Get the lowdown regarding what's entailed before you commit to anything that has a price tag attached. Make self-improvement, personal growth and a healthier lifestyle your priorities. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Ask questions, verify information and take care of responsibilities quickly. Refuse to let the past stifle your progress. You can make a change at home as long as you stay within budget. Think about a sensitive issue before you comment. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Speak up, ask for input and consider the best way to bring about change. How you use your time and surroundings will make a difference in the way you proceed. A positive change will improve your mental, physical and financial well-being. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* You are better off observing for the time being. What others do and say will be telltale of what's coming down the pipeline. Being truthful and fulfilling promises matter. If someone lets you down, be ready to take your business elsewhere. ✪✪✪✪

PISCES *(Feb. 19-March 20):* Do what you can to help others. A kind gesture can make a difference to someone who is experiencing tough times. A joint venture will change the way you feel about someone you've known for a long time. ✪✪

Birthday Baby: You are secretive, determined and impressive. You are insightful and responsive.

Visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

Conceptis Sudoku *By Dave Green*

5		8		4		7	1
1	7			2		4	
		9			8		3
9	6		8		7		
				9			
			4		3	5	6
4		5			3		
	1		3			6	5
2	3		1		7		8

Difficulty Level ★ 10/19

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

1	9	4	6	2	3	7	5	8
6	5	2	8	4	7	1	9	3
3	8	7	9	5	1	2	6	4
5	7	9	4	8	2	6	3	1
2	6	3	1	9	5	4	8	7
8	4	1	3	7	6	5	2	9
4	3	5	2	1	8	9	7	6
9	2	6	7	3	4	8	1	5
7	1	8	5	6	9	3	4	2

Difficulty Level ★★★★

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

GUITAR PICKS Solution: 8 letters

K	R	I	C	H	R	A	A	M	O	T	S	U	C	P
C	C	O	A	E	U	N	U	G	L	A	S	S	O	C
I	H	N	G	G	X	E	R	L	E	D	E	L	N	I
L	D	I	A	U	Y	E	N	O	B	N	N	D	G	T
S	T	T	C	S	L	T	T	S	H	U	F	O	I	S
N	S	L	H	K	I	T	I	R	D	O	F	O	S	A
K	O	H	E	O	E	T	E	V	O	S	I	W	E	L
T	C	L	A	F	M	N	R	M	A	T	T	E	D	P
P	C	U	Y	R	E	E	P	A	R	R	S	S	E	L
O	C	I	Ⓛ	N	P	N	T	I	R	O	G	O	L	E
I	H	Ⓞ	L	P	O	H	D	A	C	E	F	R	R	C
N	Ⓞ	A	O	Y	U	B	C	E	L	K	T	I	I	T
Ⓣ	R	C	I	M	R	O	R	B	R	A	S	S	N	R
E	D	T	B	C	I	C	D	A	N	D	R	E	A	U
D	S	S	G	N	I	T	A	O	C	S	T	R	U	M

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Acrylic, Acts, Artisan, Bone, Brass, Carbon, Chicken, Chords, Coating, Coin, Copper, Custom, D'Andrea, Delrex, Delrin, Design, Dunlop, Felt, Fender, Glass, Gravity, Hand, Home, Horn, Master, Metal, Nylon, Picks, Plastic, Plectrum, Pluck, Pointed, Rich, Rosewood, Sharp, Slick, Sound, Stiffness, Strum, Tagua, Thumb, Tiger, Tool, Tortex, Ultem, Uniform

Last Friday's Answer: Calming

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Rays oust Astros to reach World Series

AP
Tampa Bay Rays shortstop Willy Adames tries to catch a single by Houston Astros' Jose Altuve during the eighth inning in Game 7 of the American League Championship Series, Saturday, Oct. 17, 2020, in San Diego.

SAN DIEGO (AP)—Remarkable rookie Randy Arozarena homered again, 36-year-old Charlie Morton was brilliant against his former team and the Tampa Bay Rays reached the World Series for the second time, silencing the Houston Astros 4-2 Saturday night in Game 7 of the AL Championship Series.

The Rays will face either the Los Angeles Dodgers or Atlanta Braves in the World Series in Arlington, Texas, starting Tuesday night. Game 7 of the NLCS is Sunday night.

Tampa Bay's only other World Series appearance was in 2008, when it lost to the Philadelphia Phillies in five games.

The innovative Rays led the AL with a 40-20 record in the pandemic-shortened season. Known for their pitching and defense, they also introduced the concept of the starter and sometimes deploy a four-man outfield.

"You sit here and look at this group of guys, and I always say we don't have a lot of household names, but at the same time, people are making a name for themselves right now," said outfielder Kevin Kiermaier, Tampa Bay's longest-tenured player. "And if you don't know the name by now, they better learn them, because we've we got some boys who can play."

Right fielder Manuel Margot squeezed Aldemys Diaz's flyball in his glove for the final out and fireworks burst over the empty ballpark as the fun-loving Rays began to celebrate.

Arozarena was chosen as the ALCS MVP and did Cristiano Ronaldo's famous goal celebration dance.

Tampa Bay snapped a three-game losing streak and prevented the Astros from matching the 2004 Boston Red Sox, the only major league team to rally from a 3-0 deficit to win a seven-game series.

The Rays also kept the Astros from becoming the first team to win a pennant with a losing regular-season record (29-31).

The loss ended Houston's first season since its sign-stealing scandal was revealed. The Astros were viewed by many fans as villains for their role in the cheating scandal en route to the 2017 title against the Dodgers, a scam that eventually cost manager AJ Hinch and general manager Jeff Luhnow their jobs.

Under new manager Dusty Baker, the Astros were trying to reach the World Series for the third time in four seasons. They lost Game 7 to Washington last year.

Mike Zunino homered and drove in two runs for the Rays, who avoided the ignominy of joining the 2004 New York Yankees, who took a 3-0 lead in the ALCS and lost four straight to the Red Sox. Boston went on to win its first World Series in 86 seasons.

Arozarena, relatively unknown before these playoffs, set a rookie record with his seventh homer of the postseason. His 21 hits are one shy Derek Jeter's 1996 rookie postseason record.

Nicknamed "The Cuban Rocket," the 25-year-old Arozarena drove a 1-1 sinker from Lance McCullers Jr. to right-center field at Petco Park with one out in the first for a two-run homer.

Margot, who played with the San Diego Padres from late in the 2016 season until being traded to Tampa Bay in the offseason, was aboard after getting hit with a pitch.

Arozarena defected from Cuba to Mexico in 2015, signed with the St. Louis Cardinals in 2016 and made his big league debut last year. Traded to Tampa Bay in the offseason, he tested positive for COVID-19 before summer camp and didn't make his 2020 debut until Aug. 30.

Until he started showing his October power, Arozarena was best known for a gaffe he committed while with the St. Louis Cardinals last postseason. After the Cardinals beat Atlanta in the NL Division Series, he posted manager Mike Schildt's profane clubhouse rant to social media, not realizing it would get a negative reaction.

Morton held the Astros to two hits in 5 2/3 scoreless innings while striking out six and walking one. He retired 14 straight batters until walking Martin Maldonado with one out in the sixth. George Springer forced Maldonado and took third on José Altuve's two-out infield single, and manager Kevin Cash pulled Morton after just 66 pitches. Nick Anderson came on and retired Michael Brantley.

"Cash made the right move again—shocker," kidded ace Tyler Glasnow, now lined up to start the World Series opener.

Morton is the first major leaguer to earn the victory in four winner-take-all games, including Game 7 of the 2017 World Series and Game 7 of the 2017 ALCS against the Yankees when he was with Houston. He signed with Tampa Bay as a free agent before the 2019 season and won the wild card game at Oakland last year. The Rays were then eliminated by the Astros in the ALDS.

The Astros broke through against the Rays' bullpen in the eighth. Carlos Correa hit a two-run single off Pete Fairbanks before the reliever struck out Alex Bregman on a 100 mph fastball.

Fairbanks worked around a one-out single in the ninth to close it for a save.

Dodgers force NLCS Game 7

ARLINGTON, Texas (AP)—Corey Seager's sweet swing. Walker Buehler's calm. Kenley Jansen's resurgence.

The Los Angeles Dodgers got what they needed—again.

"We did what we had to do to force a Game 7," Justin Turner said.

They sure did.

Seager homered again, Buehler pitched six scoreless innings and the Dodgers beat the Atlanta Braves 3-1 on Saturday to send the NL Championship Series to a winner-take-all finale.

Los Angeles avoided elimination for the second time in less than 24 hours, staying alive in its pursuit of a third pennant in four years. It hasn't won a championship since 1988.

"I'm still sort of recovering from this one, but already thinking about Game 7," Dodgers manager Dave Roberts said. "That's what you live for."

Turner also homered for Los Angeles, and Jansen threw a six-pitch ninth for his 18th career postseason save.

The NL West and East champions play again Sunday night, with the potential for two rookie starters in a Game 7 for the first time in big league history. The winner gets the Tampa Bay Rays in the World Series.

Roberts was keeping his options open for his starting pitcher while the Braves plan to go with rookie right-hander Ian Anderson, who has thrown 15 2/3 scoreless innings in his three postseason starts. Tony Gonsolin and three-time NL Cy Young Award winner Clayton Kershaw are among the possibilities for Los Angeles.

"Shoot, we'll go out there and let 'er fly. A Game 7 is another baseball game," Atlanta manager Brian Snitker said. "You have to treat it as such."

The Braves were hoping to celebrate Snitker's 65th birthday Saturday with the franchise's first World Series berth since 1999. But Max Fried took his first loss all year, working into the seventh inning after surrendering three runs during a rocky first.

Buehler, using Stan's Rodeo Ointment to deal with bothersome blisters, threw 65 of his 89 pitches for strikes. He allowed seven hits while striking out six without a walk.

After Atlanta loaded the bases with three singles in a row to start the top of second—the last hit by his Vanderbilt roommate Dansby Swanson—the right-hander really brought the heat, with 10 consecutive fastballs to get out of the jam.

Austin Riley struck out on a 98.7 mph pitch before Nick Markakis took a called third strike on 99.7 mph. Cristian Pache, the 21-year-old rookie who had an RBI in each of his first four NLCS starts, was retired on an inning-ending groundout.

"His mound presence is just unbelievable," Turner said.

Buehler said he has never felt that calm in a game, especially a situation like that. He credited catcher Austin Barnes—and past experiences.

"I've failed in those moments. I've been through it and I've been good after it, but that failure doesn't really scare me anymore," Buehler said. "The more times you go through things like that, your heartbeat kind of changes and can slow down."

It was a much different result than Buehler's postseason debut two years ago in Game 3 of the NL Division Series, when the Braves also loaded the bases against him in the second inning. After a walk drove in a run, Ronald Acuña Jr. hit a grand slam on the next pitch.

Fried, who struck out five and walked four in 6 2/3 innings, allowed only two homers in his 11 starts while going 7-0 during the regular season. But the Dodgers went deep twice in three pitches in the first.

Seager pulled a towering shot to right on a 73-mph curveball, and Turner connected on a 93-mph sinker that went 418 feet to straightaway center. Max Muncy walked and scored after back-to-back singles by Will Smith and Cody Bellinger that made it 3-0.

"I came out in a game like this and kind of put us behind the eight-ball real quick." Fried said. "To me, that's unacceptable."

Seager, who homered twice in Game 5 on Friday night, has NLCS records with five homers and 11 RBIs, and still a game to play. His six homers overall are already a Dodgers postseason record.

Report: Heat to go 'all-in' for Giannis

FLORIDA—Like the Warriors, the Miami Heat long have been rumored as a potential landing spot for two-time NBA MVP Giannis Antetokounmpo, if he elects to leave the Milwaukee Bucks, either by requesting a trade or eventually signing with another organization in free agency.

Even after a surprise run to the NBA Finals in the Orlando bubble, Miami is preparing to go "all-in" on signing Antetokounmpo in 2021 free agency, The Athletic's Shams Charania reported Saturday citing sources.

"Rival teams are monitoring Adebayo's extension situation and the aftereffects if Miami bypasses extending their superstar big man. Miami is preparing to go all in on the pursuit of Milwaukee's two-time MVP Giannis Antetokounmpo in 2021 free agency, sources said. There is a school of thought that salary-wise, waiting on Adebayo's extension would allow for as much space as possible for 2021," Charania said.

Warriors Twitter has been buzzing for months at the idea of Giannis potentially coming to the Bay Area and playing alongside the Splash Brothers. But unless Antetokounmpo chooses not to sign an extension with Milwaukee this offseason, the star won't be going anywhere.

Obviously a player of his caliber would be coveted by every other NBA fan base, but Giannis has given every indication he will be returning to Milwaukee next season.

But until Antetokounmpo puts pen to paper on a long-term extension with the Bucks, fans across the league will hold onto any sliver of hope that he could be taking his talents elsewhere.

AP

Milwaukee Bucks' Giannis Antetokounmpo (34) dunks in front of Miami Heat defenders in the second half of an NBA conference semifinal playoff game, Friday, Sept. 4, 2020, in Lake Buena Vista, Fla.

Rockets GM resigns; Westbrook trade looms

Daryl Morey gets—and deserves—a lot of credit for bringing James Harden to the Rockets. But Morey also did a great job getting Harden co-stars.

Morey lured Dwight Howard to Houston. Morey engineered a complex and creative trade for Chris Paul. And when Paul's relationship with Harden (and maybe Rockets owner Tilman Fertitta) went south, Morey flipped Paul for Russell Westbrook.

Houston gave up significant draft consideration in that trade. The Rockets went even further to build around Westbrook by dealing Clint Capela and making Westbrook their de facto offensive center. That solidified a micro-ball identity with P.J. Tucker and Robert Covington (acquired in the Capela deal with a first-round pick also outgoing) as defensive "bigs."

But the coach who ran the mad-scientist small-ball scheme, Mike D'Antoni, is gone. The general manager who built this unconventional roster, Morey, is gone.

Now what for Houston?

With the Houston general manager stepping down a year after his controversial retweet about China/Hong Kong, league sources believe the Rockets are likelier to look into trading away explosive All-Star point guard Russell Westbrook.

Westbrook is nearing 32, highly reliant on athleticism and due $132,633,438 over the next three seasons. His value is derived primarily from what he contributes on the court right now.

Could the Rockets—whose goal is ostensibly still remaining in championship contention through Harden's prime trade Westbrook without taking an immediate step back.

It seems unlikely. But it's possible. Perhaps, a team offers the right combination of role players who'd better complement Harden. The Knicks are reportedly interested (though they don't have the win-now veterans).

Especially because of the Knicks' interest.

There were rumors of a Westbrook trade early last season. But that was before the Rockets learned how to optimize him with micro-ball. And those were fueled by Morey's proclivity for trading.

Remember, Tilman Joseph Fertitta said he pushed his reluctant basketball-operations staff— led by Morey—to finalize the Westbrook trade. Fertitta remains in place.

It's unclear how new Rockets general manager Rafael Stone, who worked under Morey, felt about the trade and feels about Westbrook now. The possibility that Berman's sources have real insight into Stone's plan makes this report worth considering.

Other possibilities: Fertitta—with his financial issues—might no longer remain committed to paying Westbrook. Houston could pivot and unload its stars to get ahead of rebuilding. It happens.

Meanwhile, there are a lot of questions about the search for the next Houston Rockets head coach, but we also know a few things. We know now that Rafael Stone is running the search now that Morey has stepped away from the franchise.

We also know that the three finalists for the Houston head coach job are Jeff Van Gundy, John Lucas, Stephen Silas, as reported by Mark Berman of Fox News 26 in Houston. Van Gundy is a former Rockets (and Knicks) coach turned broadcaster who has been eager to get back on the sidelines in recent years. Lucas is a highly respected current Rockets' assistant coach. Silas, son of NBA legend Paul Silas, is a top assistant with the Dallas Mavericks.

Sources said next step for team officials is to consult with their players about their candidates."

That would favor Lucas. Both Harden and Westbrook have backed Lucas.

Lue finalizing 5-year deal with Clippers

The Los Angeles Clippers think they found the coach who will lead them to a championship. The team has agreed to a five-year contract with former Cleveland Cavaliers coach Tyronn Lue.

Lue, 43, should be plenty familiar with the team. He was one of the Clippers' assistant coaches under Doc Rivers last season. Lue reportedly had the backing of a number of Clippers players. Chauncey Billups will reportedly be part of Lue's staff in Los Angeles.

Prior to joining the Clippers, Lue coached the Cavaliers for four seasons. He compiled a .607 winning percentage with the franchise, and helped lead the team to a championship in 2015-16.

Lue was a popular head coaching candidate this offseason and was reportedly being considered by the Houston Rockets and New Orleans Pelicans.

Lue's situation with the Clippers won't be that dissimilar from his time with the Cavaliers. Lue will be tasked with pushing an immensely talented team to a championship. He accomplished that goal with LeBron James and Kyrie Irving with the Cavaliers, and will be expected to do the same with Kawhi Leonard and Paul George.

Everyone involved should be hungry and motivated to accomplish that goal. George and Leonard are looking for revenge after the Clippers suffered an early playoff exit at the hands of the Denver Nuggets. Lue is looking to prove himself after no team hired him to be a head coach last offseason. ***(AP/NBC)***

Wimbledon set to go ahead in 2021 with or without fans

ENGLAND—Wimbledon is set to go ahead next year even if the tournament has to be staged behind closed doors.

The Championships was cancelled this summer for the first time since World War II because of the coronavirus pandemic and the All England Club is planning for several scenarios for 2021.

Chief executive Sally Bolton said: "Staging the Championships in 2021 is our number one priority and we are actively engaged in scenario planning in order to deliver on that priority."

The AELTC is developing plans for a full-capacity tournament - which appears highly unlikely - a reduced-capacity event as well as one held with no fans.

Wimbledon will have been closely watching the recent US Open, played behind closed doors, and the French Open, where 1,000 fans a day were eventually admitted, down from a hoped-for 11,500.

Both tournaments were deemed overall successes, with very few positive Covid-19 cases and broad player support.

Another major factor for Wimbledon is the AELTC will now be unable to secure pandemic insurance, which was prudently put in place a number of years ago and ensured losses from this year's cancelled tournament were minimised.

Former Great Britain Davis Cup player Jamie Baker, meanwhile, has been appointed head of professional tennis and tournament director and will take on the role of liaising with the player community, ATP, WTA and International Tennis Federation over Wimbledon's plans.

Wimbledon's statement read: "Our overriding priority will continue to be the health and safety of all of our stakeholders, in particular our guests, our staff, and our competitors.

"We are working closely with the relevant government and public health authorities, alongside the rest of the sports industry, to understand the varying challenges and opportunities presented by the ongoing coronavirus pandemic."

Wimbledon has been working closely with the club's local communities during the pandemic and will continue to provide 200 hot meals a day to people in need.

More than £750,000 ($968,624) has been donated to local and national charities and organizations while 30,000 of the famous Wimbledon towels that were intended to be used for the 2020 tournament have been donated towards other causes, including refugee projects and support for the homeless.

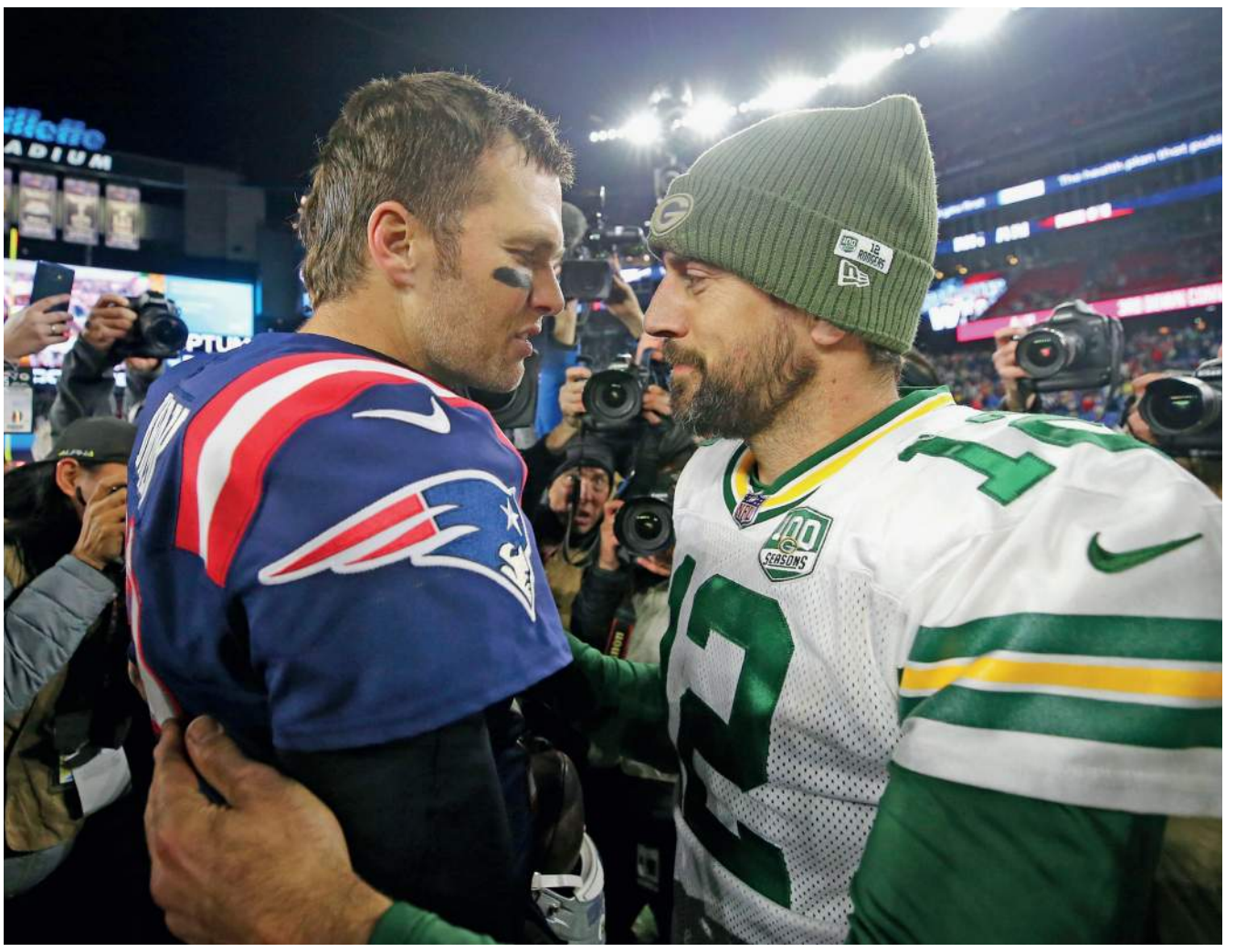
Old man quarterbacks Brady and Rodgers face off

FLORIDA (AP) — Hey old-timer, what are you still doing on an NFL field?

Guaranteed no one is asking that question to the quarterbacks in the bays: 43-year-old Tom Brady in Tampa and 36-year-old Aaron Rodgers in Green Bay. The two future residents of Canton, Ohio—at least their busts in the Pro Football Hall of Fame, that is—spice up the Packers-Buccaneers game Sunday in Tampa.

And who says these quarterbacks are old? Certainly not Buccaneers coach Bruce Arians, who has worked with some of the best—young or old—throughout the decades.

"Barring major injury, I think these guys can play until they're 45, as long as their arm holds up," he says. "With sports science and all the stuff that these guys are doing to stay in shape and keeping their arms strong, I don't see—unless their legs go—why they couldn't play until they're 45."



AP

In this Nov. 4, 2018 file photo, Green Bay Packers quarterback Aaron Rodgers, right, and New England Patriots quarterback Tom Brady speak at midfield after an NFL game in Foxborough, Mass.

Rodgers, whose Packers (4-0) have been the most fundamentally sound team in the NFL so far on both sides of the ball, is 1-1 against Brady. He's a big fan of Brady's.

"He's kind of always been ahead of the field with his footwork and just his dedication to what he's doing," Rodgers says. "He really cares about it obviously. He cares about taking care of himself and trying to get to 45, it looks like. And he's gonna get there."

The Packers have won their past nine regular-season games. They are the first team in NFL history to score at least 150 points and commit no turnovers through the first four games of a season.

Tampa (3-2) is ranked No. 1 against the run, No. 2 overall on defense. The unit has held opponents to less than 50 yards rushing the past three weeks. The 2016 Packers were the last team to do that in four consecutive games.

Off this week are Seattle (5-0), New Orleans (3-2), the Los Angeles Chargers (1-4) and Las Vegas (3-2).

Meanwhile, the Cleveland (4-1) and Pittsburgh (4-0) matchup is rarity and these AFC North archrivals draw headlines. It's the first time they both are at least three games over .500 when they meet since 1994.

The Browns have won four straight and are 4-1 for the first time since that year, but have lost 16 straight games at Heinz Field to the Steelers.

"It is a great test for us," says Browns quarterback Baker Mayfield, who has been nursing sore ribs. "Another great defense. They bring a physical challenge. They bring the muddied pockets. They will hit you. They try to impose their will.

"That is what our division is all about. We have to play that ball, match that energy and exceed it."

In other news, Browns wide receiver Odell Beckham Jr. had his second negative COVID-19 test in 24 hours, clearing him to rejoin his teammates and play against Pittsburgh.

Beckham was kept away from Cleveland's facility and didn't practice for two days after feeling ill on Thursday and being sent home. In keeping with NFL coronavirus protocol, he had to twice test negative before being allowed back.

The league has instructed teams to remove anyone showing symptoms similar to COVID-19 even if they are caused by a cold or the flu.

The Browns listed Beckham as questionable to face the unbeaten Steelers (4-0) at Heinz Field. While he didn't practice, the three-time Pro Bowler participated in team meetings remotely.

On Friday, Browns coach Kevin Stefanski said Beckham was feeling better and the team hoped he would be able to play and possibly help Cleveland get its first win in Pittsburgh since 2003.

Beckham has had a strong start in his second season with the Browns, who acquired the star in a blockbuster trade with the New York Giants. He has 21 catches for 294 yards and three touchdowns. Beckham also had an electrifying 50-yard TD run that sealed a win in Dallas.

In the Kansas City (4-1) and Buffalo (4-1) game on Monday, much uncertainty surrounded when this game would be played, not because of anything the Bills or Chiefs had done but because of Tennessee's COVID-19 outbreak.

Both come off losses and displayed leaky defenses in those defeats. That makes the prospect of slowing Kansas City's Patrick Mahomes or Buffalo's Josh Allen not exactly enticing.

Bills coach Sean McDermott is 1-0 against his mentor and former boss, Kansas City's Andy Reid.

TRI

From Page 20

Games and although it is on the event calendar, TRAC has yet to make any major headway in planning for the competition because of the uncertainties that the pandemic have created. The confirmation from PGC, however, gave TRAC and other local sports federation the signal to move ahead and buckle down to work.

"We could now start focusing on capacity building as a host and talent identification for the 2022 Pacific Mini Games," TRAC secretary general Ricky Castro said.

To start with, TRAC has reached out to Oceania Triathlon Union for a virtual technical official course, which Triathlon Australia is facilitating. The International Triathlon Union-accredited group has started the Level 1 course last week and it will run until Nov. 15 with nearly 30 individuals from Saipan and Guam attending the event.

"Hopefully, after the technical official course, we will also have coaching course/training, which will be very crucial as we work on identifying and training athletes that will represent the CNMI to the Pacific Mini Games.

TRAC will also hold a series of pre-Mini Games events to train both technical officials and potential athletes, as well as raise funds for the competition. Late last year, TRAC president Florence Antonio went to Apia, Samoa to observe how the triathlon event was ran in the 2019 Pacific Games.

Incidentally, it was also in the Pacific Games—2015 in Papua New Guinea—that the CNMI had last sent representatives in the PGC-sanctioned competition. Peter Prestley, Brad Ruszala, and Tony Stearns joined the men's race with the former emerging as the fastest finisher for the Commonwealth. New Caledonia's Audric Lucini and Mathieu Szalamacha took the gold and bronze medals, respectively, while Tahiti's Benjamin Zorgnotti got the silver.

In the Pacific Mini Games, triathlon was not included in the calendar of events for the 2013 (Walis & Futuna) and 2017 (Vanuatu) editions, so the sport is making a comeback in the CNMI-hosted event. The last time a Mini Games had triathlon in its program was in 2009 in the Cook Islands with New Caledonia's Davis Esposito and Erika Ellis winning the men's and women's gold medals.

The last time the CNMI earned a medal in the triathlon event either in the Mini Games or the Pacific Games was in 2003 with Stephan Samoyloff, Dirk Sharer, and Anneka Sakovich taking the bronze medal in the team event in Fiji (when the event was still known as South Pacific Games).

DUATHLON

From Page 20

pathway, Kimikaze Trail, Autobahn Trail. Santa Clause Trail, and Banzai Trail-Cliff before returning to the start/finish line. There is no cut-off off time for the trail run.

Registration fees for both events are $15 (individual) and $30 (two-person team) for early birds (sign up by Oct. 31 at 5pm). Registration fees turned in from Nov. 1 to Nov. 4 are $20 for individual and $40 for team. Sign up online at https://www.webscorer.com/register?raceid=224562 or check www.triathloncnmi.org.

Medals and other prizes will be given to the top finishers in the duathlon and trail run, while finishers will get T-shirts.

Next month's races are sponsored by the Tan Siu Lin Foundation and TanHoldings. ***(Roselyn B. Monroyo)***

In this file photo, runners head out to the course during a duathlon event in Marpi.

CONTRIBUTED PHOTO

Rays oust Astros to reach World Series

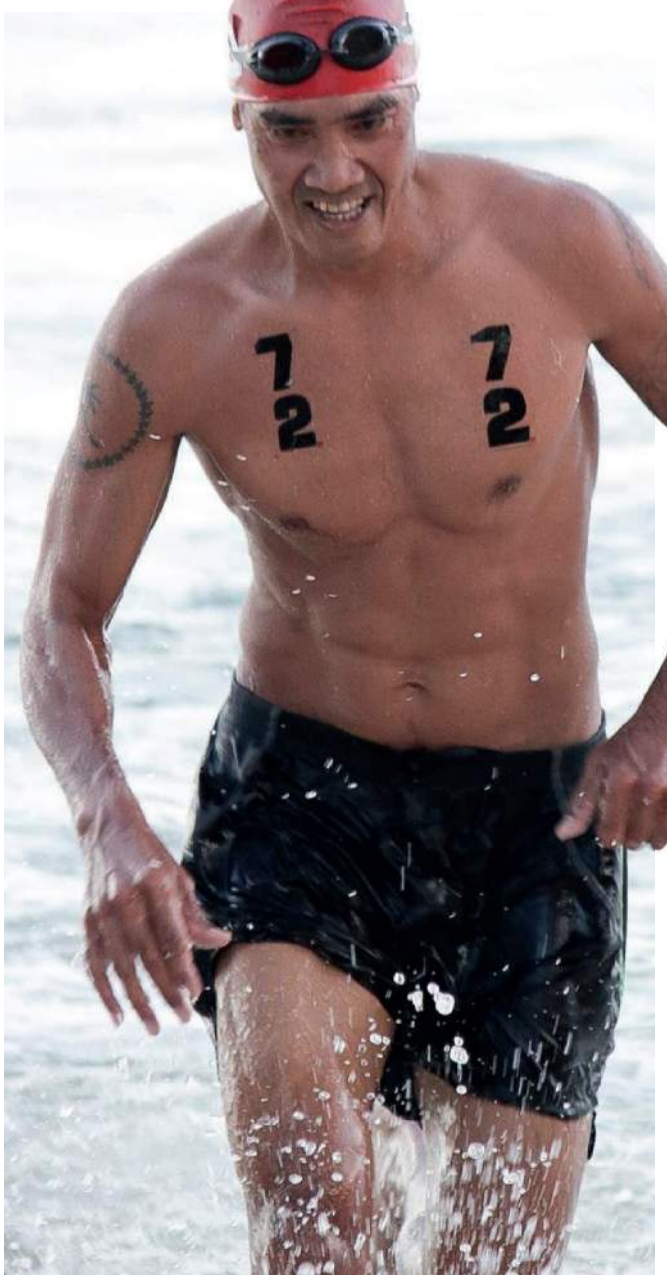
PAGE 17

Saipan Tribune
Sports

Report: Heat to go 'all-in' for Giannis

PAGE 18

Tri group focuses on Mini Games prep



CONTRIBUTED PHOTO

In this file photo, Jack "Ketson" Kabiriel moves out of the water during the swim leg of the 2017 Tagaman Triathlon.

CONTRIBUTED PHOTO

Tyce Mister paces himself during the bike leg of the 2019 Tagaman Triathlon.

CONTRIBUTED PHOTO

Alyona Gersonde runs along Beach Road during the 2018 Tagaman Triathlon.

By ROSELYN B. MONROYO
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REPORTER

With the new dates for the 2022 Pacific Mini Games now confirmed, the Triathlon Association in the CNMI will turn its focus on the preparations for the quadrennial competition.

The Pacific Games Council in concurrence with the 22 members of the Pacific Games Association announced last week the approval of the new schedule for the Mini Games, based on the proposal of the CNMI as host country. Instead of next year, the regional event will now be held from June 17 to 25 in 2022, to give the host and other participating countries more time to get ready and recover from the impact of the COVID-19 pandemic.

Triahtlon is one of the six sports initially proposed for the Mini

See TRI on Page 19

Duathlon, trail run next month

The Triathlon Association of the CNMI is bringing back actual races on islands with the staging of the 5th Off-Road Duathlon and North Trail Run on Nov. 7.

The two-in-one event is a fundraiser for TRAC's hosting of the triathlon event in the 2022 Pacific Mini Games and maintenance of the trail routes in the northern side of the island.

For the duathlon, the race will start and end at the Last Command Post in Marpi with the first leg (trail run) covering a distance of six kilometers (Last Command Post/Dumping/Banzai Trail/Banzai Cliff/Last Command Post). For the second leg—the mountain bike part—riders must complete the 15K course that would bring them to Ayuyu Drive/FEBC, Kimikaze Trail, Authonbahn Trail, Santa Klaus, Banzai Trail, Banzai Cliff, and back to the Last Command Post. For the finale, participants will go through the 2.5K pathway run along the Last Command Post road.

The duathlon is open for individual and team participants and has a cut-off time of three hours.

Meanwhile, the North Trail Run has a distance off 11.5K and runners will head from the Last Command Post to the North Trail Loop,

See DUATHLON on Page 19

Obscure meal plans; Intermittent fasting drawbacks

Q: Do I need to eat more smaller meals throughout the day, and cut down on fruit, dairy, and red meat?

A: Given how sophisticated the training and nutrition are in this day and age, you would think there would be less obscurity. Sadly, that just isn't the case. I've mentioned in the past that different styles of training and dietary protocols will unavoidably have more utility than others.

But context is hugely important.

Everyone has different needs. Therefore, cookie cutter meal plans and narrowly focusing on extreme arbitrary directives aren't going to cut it when there's so much that needs to be taken into account.

Q: I'm trying to eat better and control my appetite. I feel it's so much easier to do that with intermittent fasting. What I want to know is, are there any drawbacks?

A: The mounting evidence on intermittent fasting continues to show that, while it's still a viable option, it's not magic or superior to a normal calorie balanced diet. In terms of fat loss, the end result is virtually the same.

It can be wonderful for certain people especially if they find it helps keep a lid on their hunger.

However, it should be noted that this pervasive myth that it's supposed to boost your metabolic rate, and preserve lean body mass are untrue. In fact, those are the potential drawbacks, long-term as recent research suggests.

I'm not trying to turn this into a cult war. If it jibes well with your lifestyle, that's great. But please stop proclaiming it's better than the rest. That's not sound advice.

Ask DRE:

By DRE DELOS SANTOS
Special to the Saipan Tribune

Dre Delos Santos writes about fitness and nutrition for Saipan Tribune *and* TAGA Sports*. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.*